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1st NOVEMBER, 1883.

[PRICE TWOPENCE.]



OUR Thirty-sixth Anniversary was held on Wednesday, 17th October, in Manchester. It was a pleasure to see the goodly company of members and visitors at breakfast with the Executive, at nine o'clock, at Mr. Smallman's. The Executive Committee met at ten o'clock. The annual business Conference was held at the Association Hall, 56, Peter Street, at two o'clock, Mr. Edwin Collier presiding. The attendance was unusually large. Among those present were the Revs. Professor Mayor (Cambridge), James Clark (Salford), J. S. Jones (vicar of St. Philip's, Clerkenwell), G. B. Mearns (Dumfries), Edwin Dyson (vicar of Shuttleworth); Messrs. Anderson Hanson, Edward Maitland, B.A., Joseph Malins, G.W.C.T., W. E. A. Axon, A. H. Austin (Aber-gavenny), J. W. Goddard (Leicester), &c. Communications were read from Professor F. W. Newman, from Dr. Anna Kingsford, and from Herr Alfred von Seefeld, on behalf of the Hanoverian Vegetarian Society. The report showed a year of increased work and general progress; the total receipts for the year amounted to £1,090. It was resolved to establish a guarantee fund of £1,000 for mission and extension purposes for the ensuing year, and donations or promises amounting to upwards of £100 were announced towards that object. A resolution moved by Mr. W. H. Chapman, of Warrington, to discriminate between associates who abstain from flesh and fowl, and those who do not, was withdrawn after considerable discussion. A short paper on the apple and potato harvest of 1883 was contributed by Mr. S. Saunders, fruit grower, Market Lavington, and read by Mr. Axon, showing the extraordinary harvest of apples and potatoes this year, and commending the increased cultivation of fruit. A paper by Captain Downward, on "Scurvy," advocated the Vegetarian diet as the only preventive and antidote to the ravages by sea of this most dreadful disease. At 5-30 the meeting adjourned to another room to the banquet, when upwards of 200 sat down. The tables were charmingly adorned with fruits and flowers,

and presented a most attractive appearance. The arrangements were under the direction of the Manchester Hiring, Catering, and Contracting Co., and a number of voluntary assistants, including the ladies' committee. This new departure gave unanimous satisfaction. Generous contributions of fruits were received from Messrs. S. Saunders, of Market Lavington, and E. K. Kynaston, of Southport, while Mr. E. J. Baillie, of Chester, sent an ample supply of flowers. The usual public meeting was held at 7-30, the Rev. Professor Mayor presiding. The body of the Hall was well filled, and addresses were delivered by Mr. E. J. Baillie, Mr. Richard Coad, the Revs. J. S. Jones, G. B. Mearns, Jas. Clark, and Mr. E. Maitland. A vocal selection was given at intervals by a "Vegetarian" choir from Cross Lane, Salford. The meeting closed about ten o'clock.

REPORTS of the proceedings have appeared in the Manchester daily papers, and the *City News*, while shorter notices were given by the *London Times*, *Echo*, and others. A very frank and kindly recognition of the Society's work has appeared in a leading article from the *Manchester Examiner and Times*, as follows:—

"The note of the Vegetarian Society, which has just held its annual meetings, was decidedly jubilant; and not without reason. It claims to have members in every quarter of the globe. It has local branches or agents in every county of the United Kingdom. It was never more active, and never more favourably placed financially. These were among the subjects for congratulation at the meeting, and we may add another. If the Vegetarians have not lived down ridicule, they have lived through the worst of it. The indiscretions of too ardent an enthusiast occasionally provoke a little satire; but the annual conferences are no longer made the text, as they used to be, of more or less humorous but rarely complimentary articles. The Vegetarians have compelled respect by their evident sincerity, and the disinterestedness of their motives; but we do not know that one of the causes of the change of feeling is not a growing recognition that the Society is in one way doing good work, and is capable of doing more. It cannot be denied that the English people are exceptional among the nations of the world in their indifference to the rich stores of the vegetable kingdom, and are far behind the age in their knowledge of cooking the comparatively few fruits of the earth which are admitted to the ordinary table. The vegetables that figure in the bill of fare of an average English household, or, for the matter of that, of a good hotel, may be numbered on the fingers of one hand, and the way in which they will be served can usually be predicted with the utmost certainty, though variety, invention, and taste are exhibited in all other departments of the *cuisine*. How wide is the variety which it is possible to introduce in the serving of the commonest vegetables, and how appetising is the result, those who know the domestic cookery of France and Germany, let us add Scotland too, bear witness. Why cannot our cooks and housewives be persuaded to accept the lesson? There is no difficulty now in procuring the necessary information. The Vegetarian Society has published a number of excellent little books which describe, we will not venture to say how many, different ways of making vegetables as tempting in their savour as an ambitious *chef* always tries to make his dishes. This is the useful work of the Society to which we referred. We

could wish that this department of its activity received its undivided attention. There is no better way of preparing for the millennial period, in which animal food will no more be eaten, than by converting the public to the belief that vegetables are worthy of more regard, and are as capable as fish, flesh, or fowl of being made gastronomical triumphs if artistically treated.

A SPIRITED attempt was made at the business meeting to place the finances of the Society on a firm basis. It was plain that the position had greatly improved, but equally so that the Society's work was suffering—in some directions starving—for the means to use its grand opportunity, and to push forward its work in many inviting and profitable ways. This was placed before our friends throughout the country by the issue of the guarantee fund circular, inviting replies to the question, "what help can you give this year?" Some encouraging responses had been received, and these were placed before the business meeting. Other sums were then and there paid or promised. Among these we may mention promises or payments from Messrs. J. J. Willis, ten guineas; Edwin Collier, ten guineas; the Rev. Professor Mayor, ten guineas; Edmund J. Baillie, five guineas; Professor Newman, £10; the Rev. T. K. Cheyne, £4; William Harrison, two guineas; John Davie, £2; J. W. Goddard, £10; J. Nicholson, one guinea; S. Bunyon, one guinea; R. F. Mackenzie, £1; J. Clayton, £1; F. C. Reid, £1; F. H. Burney-Croft, Australia (for the circulation of the "Ethics of Diet"), £10; J. A. F. L. Fischer, £1 7s. 6d.; Ed. Iredale, one guinea; S. Saunders, £1; H. L. Wethered, £1; J. Storie, J.P., £1; G. J. Harding, £1; the Hon. F. J. Bruce and Mrs. Bruce, £5; special donation, £2; T. J. Anderson Hanson, £1; Major Ballantyne, one guinea; "R." (name not to be given), £5; W. F. Moulder, £1; Howard Williams, M.A., two guineas; Captain Benyon, £3; A. Sladdin, £1; William Johnson, £1; C. M. K., £2; in sums under £1, about £30. Nor are these all. Many of our friends have not yet replied, and we can depend on their promises, or their gifts, dropping in as the year wears on. So far we are grateful for a noble start. Nor do we see any good reason why the fund so well opened should not, ere the end of the financial year, attain the desired proportions of one thousand pounds. *But whatever sum may be counted on, we desire to hear soon.* Many doors are open to us. It is important for us to know how far we may enter.

Among features of the recent gathering, none were more pleasing than the ready co-operation by which the work of provision, preparation, serving and entertaining were undertaken by voluntary help, at the cost, in some cases, of considerable labour and effort. Mr. Fred. Harrison, an

experienced caterer, gave his valuable services, and contributed to the rare display on the tables, which were beautifully set out with flowers, fruit, and the silver plate and other articles lent by the Manchester Hiring Company. The brown bread used was baked by Mr. W. H. Chapman, of Warrington. The white was baked, and the materials given, by Miss Harrison, of Manchester. To Mr. E. K. Kynaston, Mr. S. Saunders, and Mr. E. J. Baillie, our thanks are due for handsome gifts of fruit and flowers. Much praise is due to the ladies. Mrs. Ludlow, Mrs. Bailey Walker, and others worked most heartily. No wonder that the banquet was described as the argument of the evening, and that the meeting heartily adopted the following resolution :—

“That the best thanks of this meeting be given to the Rev. Professor Mayor, for presiding ; to the Choir ; to Messrs. Fred. and William Harrison for their kind and disinterested services, in organizing and conducting ably and zealously our banquet ; also to the members of the Ladies' Committee and to Mrs. Green, of Pall Mall Dining-rooms, and Mrs. Houston, of the Exchange Arcade, and to all who have assisted in the service of the feast ; also to Mr. E. J. Baillie, of Chester, for his donation of flowers ; to Mr. E. Saunders, of Market Lavington, for his donation of fruit ; and to all who have contributed to to-day's banquet.”

THE following list of the attendances of the Executive Committee was read out at the annual business meeting. Twenty-five meetings had been held during the year :—

Messrs. P. Foxcroft, chairman, 8 ; E. Collier, vice-president, 9 ; W. E. A. Axon, vice-president, 16 ; A. Tongue, hon. sec., 4 ; A. W. Duncan, 17 ; W. H. Chapman, 16 ; J. Edwards (resigned), 3 ; E. D. Shelton, 13 ; T. Sutton (deceased), 2 ; R. Gibbon, 15 ; F. Smallman (resigned), 2 ; W. Harrison, 8 ; W. Huntington, 11 ; W. G. Brichby, 7 ; C. H. Ludlow, 3 ; T. A. Hanson (just elected), 2 ; T. Alker (*ditto*), 2.

THE annual business meeting was unusually well attended. Mr. Edwin Collier presided. The Rev. Jas. Clark read communications from friends unable to attend. Mr. Collier read the annual report ; also the statement of accounts, which will be found on another page in the present, or, perhaps, next month's issue. Their adoption was moved by the Rev. Professor Mayor, and seconded by the Rev. G. B. Mearns. Then came the election of officers, president, vice-president, and executive committee, moved by the Rev. J. S. Jones, Clerkenwell, and seconded by Mr. J. M. Skinner, Oxford, and supported in a welcome and cordial address by Mr. Jos. Malins, G.W.C.T. The lists will be found on our cover as usual. Among those present were :—

Rev. Jas. Clark and Mrs. Clark ; Messrs. T. Alker, Chorlton ; Joseph Clayton, Middlesbro' ; C. F. Corlass and Mrs. Corlass, Hull ; G. Napier Clark, Macclesfield ; J. W. Goddard, Leicester ; J. J. Greenhalgh, Salford ; Geo. Holcroft, Wales ; C. M. Ken-

worthy, Ackworth; C. H. Ludlow and Mrs. Ludlow, Hightown; W. Mart and Miss Mart, Derby; S. S. Peat, Leeds; Chas. Watson, Halifax; T. H. Remington, Tunbridge; Wm. Richardson, South Cave; Thos. Roberts, Darnall; W. Speight, Ulverston; F. P. Doremus, London; J. M. Skinner, Oxford; J. Shield, junr., Liverpool; J. and A. Thorpe, Sale; W. Wibberley, Broughton; H. Wood, Todmorden; S. R. Williamson, Mirfield; Mrs. Whiles, Salford; W. E. A. Axon and Miss Axon, Manchester; W. H. Moulder, Cirencester; Captain Downward, Bootle; and W. M. Wright, Stockton.

The short, business-like resolution in favour of the guarantee fund—"That the effort to raise £1,000 for the year 1883-4 is worthy of hearty and unanimous support"—was warmly received, and cordially adopted, the Rev. J. S. Jones, Messrs. Fred. Harrison, A. H. Austin, and others speaking in its favour. Nor was this all. The list of promises contained in another paragraph may serve to show our readers how this part of the day's proceedings was taken up. It will, we hope, do more, and suggest a pleasant duty to many who have not yet responded. The list is still open, and the earnest desire of all is to do more for the promotion of pure diet this year than ever. Now that opportunities for the Society's usefulness and activity are opening on every hand, are we to decline to use them? The first place may rightly be asked for a work so deeply reaching as ours, so widely effective, and which makes so completely for all social and moral well-being.

Mr. Chapman's motion "to divide Associates into two classes (*a*) those who wish to remain, as at present, unrestricted, and (*b*), those who wish to abstain from flesh and fowl,"—was the crucial discussion of the day. Quite a number took part in the debate, including the Revs. Jas. Clark, D. B. Mearns, Mr. Jos. Malins, and Mr. Ed. Maitland. In the end, as general consent on any given line seemed unattainable, it was agreed that the motion stand over till next year.

On some other matters it is hardly possible to report here, or to report as fully as may to some seem desirable. The acceptable paper by Mr. Saunders, on the "Apple and Potato Harvest of 1883," was read to the meeting by Mr. W. E. A. Axon; that on "Scurvy," by Captain Downward, of Liverpool (who was present), was read by Mr. A. H. Austin. Mr. Nunn's urgent plea for the travelling bookstall, and agent ever circulating from town to town, and from fair to fair, was received with considerable favour. Mr. Remington suggested the desirability of offering a small prize to bicyclists, &c., who have trained upon a vegetarian diet. Mr. Jephson, of Derby, placed on the table a number of small unfermented cakes, as his own—certainly most excellent—solution of the

bread question. Only flour and water are used in their composition. It claimed that they are at once wholesome, and free from the Scylla of yeast, and the Charybdis of baking-powder. Another advantage is the necessity of mastication. The vote of thanks to the chairman was most cordially passed.

The first resolution of the evening meeting was appropriately moved by Mr. E. J. Baillie, of Chester, to this effect:—

“That this meeting, rejoicing to hear of the progress which has been made in the growth of fruit, owing to the adoption of Mr. E. K. Kynaston’s system of culture, gratefully records its appreciation of the earnest efforts of Mr. Kynaston for the promotion of fruit culture, and expresses its heartfelt desire that, in his declining years, he may be rejoiced to know the result of his teaching has been to bring under fruitful and profitable cultivation large areas of land formerly comparatively barren and unproductive.”

He rejoiced to find the Vegetarian Society making steady advance. He did not describe the movement as Vegetarianism, although that term was comprehensive and all-embracing enough. Still they dealt with questions not only of food and feeding, but with matters affecting thrift and frugality; questions of health, ethics, temperance, chastity, and of moral and higher culture. In short, Vegetarians were concerned with all questions which affected the simple life, and by that he meant a life which was devoted and dedicated to noble aims and purposes. Mr. Baillie possesses a fund of quiet humour. He did not know, he said, whether he had been brought to the front that he might “lend weight” to the platform. * He certainly stood before them as an “awful example” of the effects of vegetarian diet. By those who observed Mr. Baillie’s excellent proportions, his remarks were appreciated.—Mr. Coad, in seconding the resolution, spoke of the blessing that Vegetarianism had been to himself. He intended to continue its practice as long as he lived.

The Rev. J. S. Jones moved “That the effort to raise £1,000 for the year 1883-4 is worthy of hearty and unanimous support.” This sum was required for missionary and extension purposes in connection with the society. Mr. Jones then proceeded to deliver an able and genial speech, which, for masterly grasp, sympathy, and comprehensiveness, has seldom been excelled. We very cordially welcome him to our platform, as also the Rev. G. B. Mearns, who seconded the motion introduced by Mr. Jones. The Chairman’s address came later in the evening. He was clear, genial, and telling, as usual:—

Mr. Hoyle had shown the loss which arose from using corn for distilling. Free trade was a monetary reform, and had done good; but theirs was a moral reform, and

went deeper. "Butter and honey shall he eat, that he may know how to choose the evil, and refuse the good." When he was a child he churned butter himself, and it was made from the milk of cows; but now it was made from the hogs of Chicago. Happily *caveat emptor* did not apply to Vegetarians, for their own eyes and smell would guide them. They encouraged traders to make honest, and not evil gain. Vegetarianism was cheap and safe. He had for a time lived on twopence a day. If he had lived on twopennyworth of butcher's meat he would not now be speaking to them. When he visited a great city he often thought how many things there were in the world that he did not want. But he would like to multiply orphanages and schools that would rescue children from misery and degradation. Epicurus was regarded as the master of pleasure, but what did he set before his pupils? Barley bread and water. In regard to changes of diet, he had found the whole easier than the half. Galen had said that strong drink was poison to children, and every physician had echoed his words; yet everyone saw mothers giving drink to children. How could they hope that the young would learn temperance while the elders thought drink necessary? The rich Vegetarian knew that the poorest man who was honest might live as well as he. Every boy and girl might have a university education; that would be cheaper than drinking, smoking, and luxury.

The Rev. Jas. Clark, as at last year's evening meeting, made the annual statement. Mr. Axon took the chair at the close, when Mr. Edward Maitland moved, and the Rev. Jas. Clark seconded the final vote of thanks.

Time did not permit us to hear addresses from Mr. Anderson Hanson, Mr. A. H. Austin, Mr. R. N. Sheldrick or Mr. Foxcroft, whom we were glad to see on the platform, nor to listen to the Shakespearian recitals of Mr. G. Barnsdale, who had kindly attended from Rochdale. The choir, fifteen strong, won general approbation and welcome—not the less so that, with perhaps one trifling exception, all were Vegetarians, several being members of the family of the Rev. James Clark. As usual, many who intended to be present, found themselves unable. Letters of acknowledgment, or of apology for non-attendance were received, amongst others, from—

Messrs. Robert Reid, London; Professor F. W. Newman; the Rev. C. H. Collyns, Sheffield; Rev. J. N. Loughborough, Southampton; Mr. John Davie, Dunfermline; Henry Swan, Sheffield; J. I. Pengelly, Exeter; E. S. Hyatt, London; Dr. Anna Kingsford; Howard Williams, M.A., London; Rev. H. J. Williams, Brympton; J. P. Yorston, Edinburgh; Rev. Fred. Wagstaff, Epping; C. G. Higginson, M.A., Swansea; Rev. W. J. Monk, M.A., Doddington; W. S. Manning, Bexley Heath; J. Macdowell, M.A., Cambridge; Edward Carpenter, M.A.; Jas. Salsbury, London; Robert Buist, M.A., Cambridge; and Alfred Hughes, Birmingham.

MR. WM. KNOWLSON, of York, has, with excellent taste, essayed a reply, by the aid of an illuminated text, to the very common question—"What were the animals sent for?" The text in reply is "That our oxen may be strong to labour." A second text reminds us of the Giver of

our food, and "That he may bring forth food out of the earth;" of that sacredness, even divineness, of it, which prevents its pollution by cruelty as being compatible with its blessedness. These texts were prepared for our annual meeting, and were, with other exhibits, on the chairman's table.

We have already noted, with hearty commendation, the articles by Mr. Hume-Nisbet, of Edinburgh, which have appeared in several issues of the *Herald of Health* (Dr. Nichols'). From the last, for which see *Herald of Health* for October, we make one short extract. The original, down-right, earnest, unconventional, manly tone of these papers merits our warm appreciation. Hear Mr. Nisbet's concluding words:—

"Society has many laws which are bad and yet cannot be corrected by force; example is the only way to do the work. The laws of hospitality, for instance, forbid us forcing our Vegetarian principles down the throats of our visitors who may yet be in the land of bondage. Only at times like those have your own dishes prepared with so much care that your guest will be tempted to give them a trial. But in private the simpler and more rigid the fare, and the less time wasted in preparing our food, the truer we are to our cause. To me the Spartan is the highest type of heroism. Cook elaborately for the sake of converts; cook simply for your own necessities. Politeness bids us make this sacrifice. [Herein we obey] that great Society Binder which indulges and enforces a thousand little follies and extravagances, little tokens of seeming kindness and goodness; flourishes and ornamental portions of a big column set up by the grand instincts of Love, Honour, and Charity; the pretty chivalry of to-day, gilt-work of that brave chivalry which governed the great court of King Arthur, which sprang from the gentle Son of God. We are all one Family, gentle and simple, and what affects one must touch all. Therefore it behoves us to ponder well and deeply upon the problem, Health. [The use of] Alcohol has been proved to injure society. Tobacco occupies the same position exactly, and ought to be discountenanced in the same way; it is a waste of money and energy, a slavedriver to its devotee, as I can testify. *Waste nothing* is my advice, if you would be steadfast Reformers. Be merciful to all. "Five-and-twenty blackbirds" are surely more useful piping their clear melodies overhead amongst the leafy mesh-work, than laid before you piping hot, embalmed in greasy pie-crust! The lily is surely better nodding on her slender stalk outside your window than drooping to slow decay inside a glass on your mantel-shelf. The sheep is surely a braver sight in your fields than bleating to death in the shambles, or revenging its murder by murdering your sleep with nightmare. Mercy is one of our pleas for Vegetarianism; mercy to ourselves and the animals under our care. Economy is another, that we may banish poverty from the world by being all poor and rich, rich enough to be content with poverty. Purity is another of our pleas, that in banishing all gross indulgences and habits we may walk in morality and trust of each other; be as the angels are one with another."

WOMEN—WHAT FOR?—"I cannot think that God ever made creatures so delicate, so glorious, and furnished them with charms so agreeable and so delightful to mankind, with souls capable of the same enjoyments as men, and all to be only stewards of our houses, cooks, and slaves.—DEFOE.

ANNUAL REPORT

OF THE EXECUTIVE COMMITTEE OF THE VEGETARIAN SOCIETY,

For the Year Ending September 30th, 1883.

THE ESSENTIALLY NATIONAL POSITION

and character of the Vegetarian Society, and the great and growing importance of its more than national work, are facts which may fitly be referred to at this time. The members of this Society reside in every quarter of the globe, and include French, Spaniards, Germans, Hungarians, Russians, Hindus, &c., &c., to all of whom our Monthly Magazine finds its way as a welcome visitor. Throughout the United Kingdom the numerous local organisations established by the Society or its friends, each self-supported and independent, continue to work in friendly and harmonious association with us, forming useful agencies for active local mission work; and in other places where societies do not yet exist, we are able to secure the aid of zealous friends and co-workers who willingly advocate our movement, distribute our literature, and act as our representatives in their own localities. We have thus been enabled in a measure to spread throughout the kingdom a network of workers, for each of whom—often, as yet, painfully isolated, each in his own locality—we bespeak the cordial encouragement of our friends everywhere.

AS AN ORGANISATION

the Vegetarian Society was never more active, more extensive, and more complete. It has able helpers—it has excellent weapons—an efficient literature—and on every hand an unsurpassed opportunity. It has local societies or active representatives in every county in England, in Scotland, in Ireland, and in other parts of the world. It has enthusiasm, it has unity, it has a mission. In every missionary, educational, or philanthropic work Vegetarians are found actively engaged. The year just closed has been one especially full of opportunity. But it has nevertheless been emphatically a year of

HOLDING BACK.

In order to decrease the existing debt, your Executive have felt it to be their painful duty, whatever the calls upon them, to refrain from many inviting avenues of work. The order for the Magazine, formerly for 5,000 copies, and which might easily have been raised to 10,000 by a resolute and combined effort on the part of our friends, has been cut down to 4,000 monthly. In the circulation of literature, though no applicant has ever been refused, our hands have not been as freely opened as we could have wished. In sending out lecturers, though again we have as far as possible met every case where our aid has been sought, very much more might and, as we think, ought to have been done. It stands for consideration to-day whether the Vegetarians of the United Kingdom are sufficiently awake to their great, their unrivalled opportunity.

OUR PUBLISHING DEPARTMENT

has been unusually active. The *Ethics of Diet*, for which we are indebted to the devotion and laborious research of Mr. Howard Williams, M.A., appeared last year. When encouraged to do so, the Executive will be only too pleased to issue a second and cheap popular edition. Of "Almonds and Raisins," the Christmas and New Year's Annual, 1,500 copies were printed, and this number has been scarcely sufficient.

Your Executive are much encouraged by its success, and purpose to continue its issue annually. The want has for some time been felt of an opening for longer articles than it is now possible to find room for in the monthly magazine. The increasing pressure of facts to be recorded, work to be reported upon, notable utterances to be quoted, and opinions to be expressed, has of late been more than ever manifest in the active, aggressive, and missionary stage of our movement, at once to the pleasure and the embarrassment of our editors, and which calls for the issue rather of a weekly newspaper than a monthly magazine. The "Plain Dietary"—intended to meet a growing want—which has for some time been struggling for birth, has not yet come forth, but may be expected to take shape in the ensuing year. Dr. Jackson's able paper on "Drunkenness and its Prevention" is doing good service amongst the temperance ranks; so will Dr. Frances Hoggan's paper on "Diet in Workhouses and Prisons," another useful penny reprint, if our friends will resolve to give it wide circulation in quarters for which it is specially suitable. The "Home Cook-book," a sixpennyworth likely to prove of great use to every thoughtful Vegetarian housewife busy indoors, and "Outdoor Fruit for the Million," which should prove of equal service to her husband outdoors, are two other valuable results of the year's work. We cannot omit mention—though not quite ready for issue—of "Essays on Diet," being several collected papers, addresses, and lectures, by our President, shortly to be published by Kegan, Paul, Trench, and Co., in a neat volume, for one florin. It will delight our literary friends to have these able and interesting papers—written in forcible and beautiful English—collected together in one volume, and our venerable President, now in his 79th year, has done a graceful act in revising them for publication. We believe they will form a contribution of peculiar value, adding impulse to a movement which during the past twelve years has owed so much to his generous and able advocacy. We cannot too earnestly ask the help of our friends in promoting the circulation of this literature. The public—an important section of it—is ready to read and to learn. It will learn (*a*) at our cost by works given, or, still better, (*b*) at its own cost by books bought. The exclusive adoption of one method by the friends of an organisation leads to its impoverishment and failure, of the other to its strength and permanence. This is the best agency of our society, to promote the sale of our literature, a method which, at the same time (*a*) improves its finances and (*b*) propagates its doctrines. The cover of

THE DIETETIC REFORMER

has been within the past year the subject of earnest protest and frequent criticism. Some of our friends want back the old cover, or something better in its place. We believe the difficulty will be largely met by the adoption of a toned paper in place of white, and we advise that expedient for next year's issue. Meanwhile, we ask them to consider how the objection arises. By the present system of one printing and one paper throughout we have two important gains—(*a*) the saving of about £20 a year in expenditure; (*b*) the increase of four pages monthly in space. In many respects this has been

AN EVENTFUL YEAR.

At home the press has been widely available, and the spirit of enquiry has been maintained and extended. The foremost of English writers on ethics—John Ruskin—has touched the subject with his skilful pen, and has thus suggested it to the consideration of his friends and followers. Our dining-rooms have maintained their activity and usefulness. The staff of the society has been removed to larger, healthier, and more convenient offices. Robin dinners, and occasional meals given by friends

here and there, especially the now famous Marylebone supper, given by Dr. and Mrs. Norman Kerr, have called wide attention to the practical side of our crusade. Among temperance workers, the claims of our more complete Temperance movement have continued to make way, and such issues as that by Dr. James C. Jackson can be used with excellent effect in this direction. The society have held at Norwich this year May meetings of a most successful character, thanks to the devotion and earnestness of Mr. Thos. Lloyd. In Manchester the occasion was made use of for holding, alongside of the usual *soirée* and public meetings, a bread exhibition—quite a new feature, but one which we believe, if imitated, is calculated to render most efficient services to pure diet in any locality. We hope many such may yet be held now the way has been shown. New interest has within the last month been lent to our work in various towns and cities in England and Scotland by the lectures of Dr. Anna Kingsford, who has been cordially received everywhere, and has charmed and interested her audiences throughout. Abroad, too, as Mrs. Kingsford can testify, in Switzerland, in Italy, in Germany, in France, as also in the United States, the subject of pure and humane diet has continued to attract attention. The Rev. Dr. de Colleville, of Brighton, continues to leave no opportunity unused for its advocacy in connection with that aspect of the Temperance movement with which his name is so widely connected on the continent of Europe. At Cambridge and elsewhere Professor Mayor has, with the happiest results, continued that crusade which he has made specifically his own, in commendation of that which is simple, pure, temperate, and humane. Another important branch of our work—that amongst children—has not been forgotten during the year, though your Executive feel the great need of more active efforts in connection with our juvenile branch. It is hoped that the coming year may see some useful movement in this direction. The necessity for special efforts to enlist the greater sympathy and more active co-operation of ladies in a movement which so closely affects them, has been again and again urged upon us, and we are pleased to report, as an encouraging step, the formation of a ladies' committee, acting in conjunction with our own. Though but recently formed, the ladies' committee have held frequent meetings. We look to them for much practical help in their peculiar department, and we earnestly encourage the formation of similar committees in connection with local Vegetarian societies, as a means of enlisting the help of the ladies in a department of our work for which they are eminently fitted. Among other events, even the Fisheries Exhibition has had its share in weakening in the public mind the supremacy of the slaughter-house. Another aspect of our question has of late found most efficient advocacy and manifestation. Professor Newman has spoken out for the adoption of what he considers

A RIGHTEOUS LAND SYSTEM

for these islands. How deeply England suffers from a mistaken system of landed cultivation, few Englishmen have yet realised. Every Vegetarian is, by his own practice, doing something, less or more, in correction of the extended evils which a system at once economically and politically false has created. The interests of Great Britain urgently require (1) The highest culture of the LAND; (2) The utmost home-supply of FOOD; (3) The setting to work of our unemployed LABOUR. All these are attained by an intelligent application of the principles of vegetarian diet and life. The steady iteration by so many ill-informed public speakers and writers of the incorrect statement that these islands are overpopulated is greatly to be lamented. Hence the timeliness of the teachings and practice of Mr. W. Lovel, Driffeld, of

Mr. Saml. Saunders, of Market Lavington, and of Mr. E. K. Kynaston, Southport. The demonstrations of such pioneers cannot long pass unheeded by the thoughtful and impartial students of English politics, and we ask for them and for their work the fullest encouragement which it is in the power of our friends everywhere to give. Mr. Hoyle has most ably and effectively called public attention to the waste of land and its produce attributable to the drinking system; the case is strengthened, and for the time completed, by the parallel waste made inevitable by the grazing system, with its consequence—the slaughter-house.

OUR SECRETARY REPORTS

			Letters.	Post Cards.
RECEIVED during the year ending 30th September, 1879	9,572	3,239.
"	"	" 1880	6,091	1,361.
"	"	" 1881	6,782	1,406.
"	"	" 1882	7,059	1,313.
"	"	" 1883	6,538	1,128.

			By Circular Post.	Parcels by Book-post.	D.R. parcels by Book-post.	Letters.
POSTED during year ending 30th Sep., 1878...	5,526	30,437	3,914.	
"	"	1879...	11,998	33,630	4,777.	
"	"	1880... 1,270	3,973	36,851	4,162.	
"	"	1881... 870	4,694	36,358	6,175.	
"	"	1882... 1,053	4,377	37,051	8,155.	
"	"	1883... 371	4,539	33,646	7,322.	

For the Year	Number of Contribut'rs in each Year.	Associates Enrolled in each Year.	Members Enrolled in each Year.	INCOME FROM				
				Subscriptions and Donations.	Sales of Publications.	Advertisements.	From other Sources.	TOTAL.
1870—1	125	..	30	£ s. d. 48 1 0	£ s. d. 13 4 7	£ s. d.	£ s. d. 1 2 0	£ 62
1871—2	157	..	38	70 15 4	17 17 7	5 1 10	94
1872 -3	285	..	20	130 12 10	28 11 6	1 4 0	9 14 7	170
1873—4	419	..	52	188 3 0	56 8 5	0 8 9	5 3 1	250
1874—5	735	187	84	227 16 0	105 6 7	3 5 6	12 11 2	349
1875—6	1152	229	108	311 11 10	178 16 5	18 12 0	10 7 0	519
1876—7	1458	134	125	403 10 5	162 0 4	31 7 6	15 14 0	612
1877—8	1550	122	117	366 7 9	126 13 3	30 1 11	10 10 9	533
1878—9	1980	106	118	464 13 11	295 0 6	31 0 7	11 3 8	802
1879—80	1680	96	95	435 10 2	241 14 2	31 18 1	30 8 3	774
1880—1	2070	104	82	571 2 7	165 14 11	98 0 1	9 13 4	840
1881—2	2003	67	98	618 13 3	304 16 2	90 4 6	8 4 0	1022
1882—3	1970	55	120	636 10 4	313 17 9	74 4 0	65 5 5	1090

GUARANTEE FUND FOR £1,000.

In the year 1880 the Society found itself face to face with a serious obstacle. Having responded, perhaps, too readily, to the strongly expressed desire of some of its supporters for a more impressive display on the occasion of our annual banquets, for a central office—then opened at 56, Peter Street, and for an enlarged magazine,

your Executive found its operations embarrassed by debt. Funds did not result, as expected, to meet these expenditures. A Special Fund was then started, in addition to the usual yearly subscriptions, in order to the removal of this burden. By aid of this fund we received during the financial year ending 30th Sept., 1881, £70 0s. 5d.; 1882, £43 11s. 6d.; 1883, £24 17s. 8d.—Total, £138 9s. 7d. Meantime, by the aid of great economy, of generous subscriptions from many friends, and of increased activity in our publishing department, your Executive feel themselves justified in regarding the Society as in a solvent and healthy condition. But in view of the considerable and increasing number of Vegetarians throughout the country, of the great need on every hand for our beneficent work, and of the efficient machinery which now exists for its accomplishment, they feel bound, this year, to ask for a Subscription List of not less than £1,000. An appeal has already been made through the Magazine for increased funds, to which some encouraging response has been received. Your Executive wish to know what to expect. If little help be given, little can be expended, whatever the urgency may be. But they feel bound to place the issue clearly before this meeting. They do not see, if unity be maintained, if the great and sore need of our population be kept in view, why £1,000 should not be applied this year to the purposes of this organisation.

A HOME COLONY,

on which should be shown forth the highest life, the happiest labour, and the ripest and best culture of the earth has long been hoped for by ardent Vegetarians. Our President expressed his interest in the plan, and, at the request of several friends, a prospectus was issued, and large attention was called to the subject. But though the matter has been much debated, no step in the direction of putting the project into execution has so far been possible. In aid of this work two donations of one guinea each have been received, and £1 5s. 6d. has been expended. Your Executive, therefore, purpose, with the consent of the friends interested, to place the balance to the Society's general fund, and, for the present, to close the account.

OUR LOSSES.

On the very night when we were met together last year—18th October, 1882—passed away William Gibson Ward, a generous man, an earnest worker, and an uncompromising Vegetarian, in his th year, the powers of a great life being cut short by acts of violence received during Mr. Ward's prosecution of another great crusade—that on behalf of the agricultural labourers of England. Among others we must name Robert Banks Blackader, the editor of the Comprehensive Bible; Allan Goodall, of Batley; Thomas Sutton, of Manchester; B. W. Cumming, of Louth; Joseph Place, of Nottingham; William Keane King, of Dublin; and our earnest septuagenarian friend, Eaton Smith, who was with us last year.

COMMUNICATIONS TO THE ANNUAL MEETING.

I DOUBLE MY SUBSCRIPTION this year to encourage and facilitate the redoubled energy of the Society in the spread of principles which imply salvation from poverty, disease, and premature death, and restore to us wealth, health, and long life, with increased mental and moral blessings, and a brighter prospect of the great day when the chain of universal brotherhood and love shall make the world one family.—

WILLIAM HARRISON.

FOOD REFORM IN BOARD SCHOOLS.—To the Vegetarian Society in annual meeting assembled.—In view of the widespread ignorance on the question of diet amongst the poor, I think it imperative that some steps be taken to introduce the teaching of the chemistry of foods, and the great value of such neglected ones as wheatmeal, oatmeal, barley, rye, lentils, haricots, peas, &c., into our public schools; and also, where practicable, to urge that schools of cookery be formed for teaching the manipulation of such foods.—J. NUGENT, Liverpool.

ON YOUR THIRTY-SIXTH ANNIVERSARY allow me to heartily congratulate the assembled gathering. The progress of your society is the best proof that the officers discharge their duties ably and with great conscientiousness. The reward follows. I continue to admire your efforts, and wish for my fellow-workers in my fatherland the same zeal and the same energy which we see in England. The *Dietetic Reformer* is conducted masterly. My heart greets you and the assembled friends.—Your devoted old pioneer, EMIL WEILSHAEUSON, Oppeln, Silesia.

It is clear to me that the public taste for *grapes* is rapidly growing, and *that sellers know it*. The gentry largely sell their own hothouse grapes. Fruit culture is setting in, conquering and to conquer. The splendid crop of *apples* this year cannot be always equalled: I am now paying a penny a pound for them, which makes them available as food to the poor. We have to teach that fruit is real *food*, and not mere luxury to the palate, and every year henceforth I trust the public will more and more *clamour* for it. Love of fruit fights against alcohol, tobacco, and flesh-meat. Let us eminently thank God for it. Yours heartily in our good crusade.—F. W. NEWMAN.

OUR COVER.—May I strongly urge that the question of *external* appearance of *Dietetic Reformer* be brought up at the Annual Meeting? It surely is of the *greatest* importance that the organ of our Society should be presented to the "public" in the *most attractive* manner. This certainly it is not at present. It is scarce to be expected that booksellers will place it *prominently* upon their counters. One number which I gave to a bookseller some months ago still remains unsold, although it is exposed conspicuously—doubtless because the *cover* does not attract. Secondly, as to *shape*. It seems to me that were the *Dietetic Reformer* enlarged in *superficies*, even if reduced in thickness, it would be of immense advantage in competing with its innumerable contemporaries. The ornamental device, too, on the cover—as it now appears—is not *very* charming.—H. W.

THE BADGE.—I have noticed various suggestions on this subject, and concur with the opinion often expressed "that something ought to be done." My suggestion is, that since the oak tree has been, from the earliest ages, so intimately connected with the people of this nation—supplying food, entering into those sacred rites conducted by the Druids, and figuring prominently in the expression of national sentiment, in song, &c., even to the present day, it has occurred to me that we could adopt no better emblem than the leaves and fruit of this noble tree. Thus, (1) members of the first degree, *i.e.*, abstainers from flesh, fish, and fowl, should be decorated with an oak leaf. (2) Members of the second degree, add total abstinence from alcohol, and wear the leaf and an empty acorn cup. (3) Members of the third degree shall totally abstain from flesh, fish, fowl, alcohol, and tobacco, and would be adorned with the leaf and acorn in the cup complete. Those desirous could wear the natural leaf, &c., or the badges could be artistically represented in silver or gold and enamel. It only requires, I think, a little reflection to perceive the suitability of the decoration, and be willing to adopt it if accepted by the Society. Trusting your gatherings will show a great increase in the number of friends and earnest workers.—HENRY HOWARD.

FROM J. W. LOUGHBOROUGH.—Many thanks for your kind invitation. I should be very glad to accept, but I have been invited to attend our General Conference in America, which meets on November 8th. With best wishes for interesting and profitable meeting.

FROM A HOSPITAL MATRON.—I heartily wish your meetings success. I can send but a mite. I feel sure this great and important question is making its way. I hope the Poor Law Boards will take it up. I wish the doctors and hospitals would; they will some day.—(MRS.) H. M. WALKER.

HEARTY GREETINGS to all members and associates assembled at the celebration of the 36th anniversary of the Vegetarian Society, and warmest thanks to the active committee, to whose exertions, not only in Great Britain, but in all parts of the world where vegetarians are to be found they receive encouragement and help, so that we can say: *We make progress! We are advancing on the whole line! May God also in future bless your work!*—Hanover, 15th October, 1883. In the name of the Hanoverian Society, ALFRED VON SEEFELD.

FROM JOHN DAVIE, DUNFERMLINE.—I regret that I cannot be with you on the 17th October. Be assured I do long, after such an absence from Manchester, to visit your city once more and meet the faces of my fellow-reformers, of the United Kingdom Alliance, Vegetarian Society, and the Anti-Tobacco Society. I had the pleasure of a visit from Mr. Storie, J.P., of Preston Kirk, along with his youngest son, who had met me at the first meeting of the Vegetarian deputation, held in Edinburgh, when the speakers were the late President, Mr. James Simpson, J.P., and Alderman Harvey; also, the late Joseph Brotherton, and a number of others from Manchester and Salford, of which meeting I was chairman. You may imagine that the absence of not a few such will be missed by me if ever I come again to those meetings. I can scarcely believe that so many years have passed since I had the pleasure of being among you; I think not since 1874, and I have been absent from the meetings of the S.P.B. and Temperance Association for a longer period; I think since 1867. With kind regards to all friends, and best wishes for the prosperity of the Old Vegetarian Society. I am in perfect health that man can desire, and as busy as a bee, propagating the principles by sending out literature in all directions.—JOHN DAVIE, Dunfermline.

FROM PROF. F. W. NEWMAN.—Although I doubt not that at the evening meeting you will have in abundance speakers able to interest and stimulate our members and the general public, it may seem only natural that I should at least show that I am alive by a few words of cordiality. In our town (which is not so very little, but is little in comparison to Manchester or Bristol), every workman dines with his own family. No one can wish this altered, and it prevents the use of dining halls. Two days ago, with pleasant surprise, I attended a *private* Vegetarian supper, contrived to teach what are our prominent but little known Vegetarian dishes. The interest of it was the greater because the married pair who gave the supper (in their own dining-room) are not Vegetarians—perhaps cannot be; yet wished to promote a knowledge of it. I took with me, as a personal contribution, what I thought of interest, a pound of grapes startling in cheapness though excellent in quality. The seller expects to have them of the same price and quality for some weeks yet. They were English hothouse grapes, rather *black* than *purple*. In large bunches they were a shilling a pound; but if I was satisfied with smaller bunches, they were to be had equally good at 8d. a pound. I have had three successive pounds of the eightpenny, and am not alone in saying that *none could be better*. Their lusciousness puts the mouth out of taste for Almeria grapes, otherwise excellent.

FROM DR. ANNA KINGSFORD, The Vicarage, Atcham, Shrewsbury.—It is now (16th Oct.) evident that I shall be unable to be present among you. Of course, being a non-flesheater, I ought not to be incapacitated from my duties by illness, but it must be remembered that I am one of that large army of converts from kreophagy, who but for vegetarianism would not now be alive at all. From childhood up my life has been one continuous battle with death in many forms, and it is the happy change made in my mode of sustenance some fourteen years ago that I owe recovery from the hereditary disease to which not a few of my family have succumbed. The public, superficially instructed, appear to think that if abstinence from flesh be, indeed, as we assert, the most natural and healthful mode of diet for man, then no vegetarian ought ever to be weak or ill. But we are not individuals in the sense ordinarily supposed. We are but buds on a tree, and the blood which runs in our veins is that of parents and ancestors for generations back. In the persons of my progenitors I have been eating flesh for some fifteen centuries, and it is not, therefore, amazing that fifteen years of reformed diet have failed to remove tendencies and seeds of malady encouraged and fostered so long. *Facilis descensus Averni*, but the way back is hard to climb, and it is not we, but our posterity, who are destined to reap the best fruits of our labours. For the rest Mr. Maitland will respond. I meant to have *talked*—not *read*—to the “ladies” on the 18th, but pray make my excuses as best you can. My disappointment at not seeing you all is great, the more so as I had one or two practical suggestions to offer.

FROM PROFESSOR F. W. NEWMAN.—At the business meeting of our Vegetarian Society you have a right to expect to meet your President. I feel myself in an unseemly position by holding the office. My desire to be free from it continues the same, notwithstanding the two resolutions of satisfaction with me and confidence in me for which I cordially thank those who were present to join in the vote. It is impossible not to be sensible of the honour hereby paid me; and if for your own reason you (collectively) persist in re-electing a permanent absentee, it may be unamiable in me to resist. Perhaps this is as much as I need say on this personal question. As to the increase of funds, I am as sensible as anyone of its importance, especially at this favourable crisis. Our question is how to get them. Many other societies in which, probably, many of our members take interest, are uttering nearly the same cry—*either* “The fields are becoming white to the harvest,” *else* “Help more vigorously than ever these next two years, and we shall carry Parliament with us.” It seems to me unreasonable to expect much increase from our existing members. More hopeful to me seems the effort to raise money from new quarters. I would gladly see our Associates step upward by some *defining* of their diet and increasing their duty to the Society: also to see new *grades* of membership. I will not now resume the *fish* argument, though I am strengthened by the doctrine which our highly esteemed member, Dr. Anna Kingsford, preaches. But I see more and more how important it would be for winning practical aid from minds already convinced, to allow *one grade* which should profess to observe our rules *in their own homes*. So many will not join us, if they become bound to refuse, as visitors, any concession at the table of others. The outcry against “lowering our flag” hereby, I respect, but deliberately think it an error. With me it is an axiom, that we gain a point of great importance, when we have won a person to use *moral consideration* in his diet. When this is once established on principle, the upward and aspiring rule becomes more and more paramount. Please to communicate this to our (business) meeting, with my hearty sympathy.—F. W. NEWMAN.

DR. FRANCES E. HOGGAN writes to wish our annual meetings success, and has only to suggest to our notice the question of teaching more generally how to cook vegetables in palatable ways.

FROM THE REV. FRED WAGSTAFF, EPPING.—I much regret that it is out of my power to reach Manchester this October. I note among other proposals for the business meetings one to change the name of the *Dietetic Reformer* to *Diet*. I sincerely trust such a proposition will meet with no support. The present title is expressive; that proposed to be substituted would mean nothing. *Diet* might be the title of a periodical issued by a combination of butchers and provision trades, with prices current from all the markets. We are *reformers* of human diet, and hence the appropriateness of the present title.

THE APPLE AND POTATO HARVEST OF 1883.

(A Paper contributed to the Annual Business Conference of the Vegetarian Society held at Manchester, on 17th October, 1883, by Mr. S. SAUNDERS, of Market Lavington.)

APPLES.—The peculiarity of the year 1883 has been the general absence of blight. The leaves of the trees escaped their usual depredators, and the country was clothed with a beauty and luxuriance of foliage, arising from the perfection of each individual leaf, which has rarely been equalled. The apple tree, which by the inclemency of many past seasons has been sometimes destroyed and everywhere much dilapidated, has this year leaved and blossomed in uninjured luxuriance. Almost every blossom set, on many of the trees, and although perhaps a majority of the weaker ones fell to the ground, this only made room for the stronger ones to load the tree and grow to the greater perfection, and the orchards are now adorned with as magnificent a crop of apples as ever graced the country. Since we last were thus favoured, the Temperance principle has taken a deeper hold of the community. Many apple growers feel the injustice of giving cider to their employes instead of money, and some of them even object to the apples being made into cider at all, consequently there is a very unusual supply of apples in the market, and prices are very low. There is also this additional fact still reducing the price of apples. Owing to the wet of the past few weeks, and the cold of the first week in October, apples have not ripened so perfectly as some seasons, and they will not keep so well as sometimes. From these unusual concurrences apples between this and Christmas must be plentiful and cheap, and everyone would do well to take advantage and make good use of the opportunity. The English apple affords the best varieties perhaps of any in the world for both cooking and table purposes, and, as a fruit, it is certainly the king of fruits, being one of the most agreeable, wholesome, and substantial as a food. When eaten uncooked it is well to remember that every apple has not only its time to ripen but also to be ready. Some are ready as soon as ripe, some require weeks, some months, and others are comparatively useless until the following summer approaches, and thus we may supply ourselves with nice table apples nearly every month in the year. For cooking, *unripe* apples are excellent if of the boiling description (some of our best table apples being almost useless for cooking), and apples of various descriptions continue excellent for many months. The variety of methods by which apples may be prepared is also interesting. The apple pie or tart, the basin pudding, the turnover (than which nothing is easier made or more suitable for a workman's dinner, with bread), the stirred-in pudding, in all of which the best wheaten meal, with baking powder intimately mixed, and three or four ounces of butter to the pound of meal, make the

wholesome medium. Then the delicate pudding made from bread crumbs and apple, perhaps the nicest and most wholesome form of all, then stewed apples, apples pared and cooked whole, apples cooked with their skins on, apple sauce, apples mashed with milk (and thus a very nice and delicate basin of gruel may be made); so that with milk, and bread, and apples, a Vegetarian table may be cheaply and deliciously supplied. In all the above preparations it is well to remember that meal mixed with fat, though "nice," is not easily digested, and that however milk is used it should not be boiled, though it often may be warmed to advantage; and the apples will go further, be nicer and more wholesome, if some of their skin is allowed to remain. The best way of preparing is to cut off a ring of rind round the nose and another round the stem, then quarter and cut out the core. Apples can be *preserved* in many ways. Perhaps there is no nicer jelly or jam than apples will produce. Apples stewed in syrup keep a long time, and apple syrup is much nicer than honey or treacle, and will answer the purpose of either. Apples dried as chips or rings keep an indefinite time, and when soaked return to their pristine excellence. As "Normandy Pippins" they are excellent. Now, is not the apple the king of fruits, and should not Vegetarians make an effort to utilise the passing abundance?

POTATOES.—This year is certainly more remarkable for the production of potatoes than any year during the memory of the present generation. I have myself grown on poor sand land 3cwt. of potatoes to the lug or pole, and this is at the rate of 24 tons per acre, all fine potatoes, some of them weighing 1½lb. each. My man dug 2cwt. in nine minutes, and my boy tied nine of them up in string, and carried them home and exhibited them in the village. The quality was excellent. Of course the land upon which these potatoes grew was well cultivated, but I have rarely, I think never, known such a crop of potatoes both for quantity and quality; and now let not Vegetarians fail to make good use of this abundance, for, in spite of old Mr. Cobbett, the potato holds the same position amongst vegetables that the apple does among fruits in this country—it is "the king." As a food it is the cheapest, and notwithstanding what scientists say to the contrary, the wholesomest, and, with a little milk, the most efficient health sustainer. Potatoes should be steamed, boiled, or baked with the *skins on*. They make an excellent foundation for soups, and with milk a nice basin of food for invalids or persons overfatigued. They may also be used to advantage with wheatmeal or oatmeal as porridge, making a dish both nicer and cheaper than from the grain alone. I value cold potatoes for breakfast. If fried they are very nice, but the addition of butter should be avoided, for this makes them very much more difficult of digestion. A nice mealy potato mashed in milk is delicious. With apples and potatoes abundant, oats and wheat well harvested and cheap, and greater attention paid to our milk supply, Vegetarians will, for this winter at least, be able to luxuriate at even a smaller cost than 6d. per day.

VEGETARIANISM has made considerable progress within the last few years, and would have made much more if only a few of its ardent advocates had devoted themselves to the art of cookery, and made use of the bountiful opportunities that nature has afforded them. . . . The battle of Vegetarianism, if to be won at all, will be won not in the library, but in the kitchen. The author of "The Ethics of Diet" has with great industry collected a large number of distinguished witnesses against the practice of flesh-eating.—*The Echo* (Review of "The Ethics of Diet").

MRS. FEW GIVES A LESSON IN THE NEW STYLE OF HOUSEKEEPING.

"So you've come to see me at last," said Mrs. Few, rising to greet her visitor, Mrs. Thorpe, at an unexpected but most welcome call, one bright afternoon in September.

"Yes, indeed, at last, I have been wishing to see you so long, and Edward has asked me so many times to call on you. I believe he'll never forget that lesson you gave us when you made that 'dinner out of nothing,' you know! He says I must 'take lessons from Mrs. Few,' and he has told me that so often that at last I felt quite inclined to box his impertinent ears for him."

"Well, dear, I was glad to be of any use to you by that little dinner, and to make one birthday anniversary go off more happily. It has been a chief delight of mine, since my husband leaves me some leisure, to be of use to others. Indeed, I can't see what one should stay in this world for if not to make one's self of use to somebody."

"Well, then, you can really be of use to me, for I have so much to learn, and I want to learn it. Do you remember that bread exhibition?"

"Certainly I do. Why, that was the last time we met."

"Well, you know those wheaten cakes, and that very excellent brown bread? Why, after the rubbish you buy at some of the bakers' shops, one could hardly believe it. Edward said I was to have no more brown bread—if it was like that. All the doctors in England would not make him believe in such stuff. He could understand why they had named it 'sawdust' at some of the hydropathic tables, for when two or three days old it became a capital imitation."

"Yes, dear, that was a most useful exhibition," said Mrs. Few. "One could have wished to have seen all the ladies of Manchester there to that show. They go readily enough to other shows of far less consequence."

"Well, dear Mrs. Few, both Edward and I were charmed with that brown bread, and as we knew you could make anything, Edward said I must come and coax you to teach me. Indeed, I think Edward's more than half a Vegetarian already, for, what do you think? Somebody the other week gave him 'Pork and its Perils.' Well, he read it himself, and then gave it to me. I confess it quite settled *our* bacon! We've had no more on our breakfast table since; and the worst of it was that we used so much last winter, I had just ordered a side of pork, of the nicely 'home-cured,' from that Scotch shop in the village, and I had to go to countermand the order. I did feel so sheepish about it, and as I did not know what else to ask for by way of compensating the man—I never saw him look so sulky before—I asked him to send in a stone of fresh oatmeal."

"You certainly made a good exchange."

"Yes, and, do you know, Edward has quite taken to porridge at breakfast now, and he tells me he often goes into one of the dining-rooms—Smallman's, or the Pall Mall, or the Arcade—for a plate of porridge and milk, which, with perhaps a tart, makes him quite a nice lunch."

"Well, my dear, I must say I'm very glad to hear all this. I did not expect my little lesson would have been taken up in such earnest. You know, dear, how gladly I'll help you now that I see I may be really of use to you."

"Indeed, you shall, then."

"There's nothing like a good insurance in beginning married life. Thanks to

Edward's care, you have what few women now possess, but what all ought to have—a home of your own. There, if you decide to adopt a simple and pure diet, and live wisely, you may secure, besides the great blessing of health, a never-ending source of happiness, and without which no happiness is possible.”

“Yes, that's just what Edward says. It's a real insurance, and health means a many good things besides, while there's nothing right, or bright, or prosperous without it. Why, you remember poor Mrs. Campbell,” continued Mrs. Thorpe; “you met them at our house, you know—such a nice body, but she's always ailing. I never go to see her but it's always either indigestion, or it's rheumatism, or it's a sick headache—and she seems to do nothing but lie on the sofa. Mr. Campbell naturally spends a good deal of his time after business hours at the Athenæum, or at his club.”

“Well, how does Mrs. Campbell live?” asked Mrs. Few.

“Oh, well, you know, it's bread and butter, and tea, and bacon for breakfast, with generally shrimps, or sardines, or potted lobster, or something tinned on the table, all such luxuries, you know, as the grocers keep now. They tin everything down. Edward says he believes Mrs. Campbell would swallow tinned elephant if there were any to be bought. Then there's a big dinner at noon, you know, a joint, and sauces, and plenty of other things, with a free use of the caster.”

“A thing which never comes on my husband's table,” interposed Mrs. Few.

“And there's tea, of course, at five o'clock—stood in the pot till it's black and bitter, and even the children drink it—with quantities of the whitest bread and butter, fresh from the shop every day. And fish, again, a ‘something nice,’ you know. And then there's supper after that, and of course the usual glass of beer.”

“So I suppose the doctor comes in occasionally?” asked Mrs. Few.

“He's seldom away a week!”

“And unless Mr. Campbell has a very large income indeed”—

“Yes, he has, but he spends it all, and is even said to be in debt with the tradesmen and all round. And who can wonder? It's a case of ‘send out’ for everything, and ‘like mistress, like servant,’ you know.”

“A sad story, indeed,” replied Mrs. Few, “and one knows only too many such cases. How different it may be with Edward and your bright little self! What health you may enjoy. How much less care, less cost, less sickness, less slavery, in your household! The money you may save from your household expenses”—

“Yes, Edward tells me so.”

“Why,” continued Mrs. Few, “it would buy you a nice little annuity from the Post-Master General, and Edward, who, I believe, uses neither beer nor cigars, could buy another.”

“Well, now, that is very nice and thoughtful of you, dear Mrs. Few. I tell Edward he's talking moonshine, but I know there must be something in it when I hear *you* say it. But now I do want to know—how am I to begin?”

“Well, dear, there does not seem to be much difficulty about that, for you seem to have made a capital beginning already.”

“O, but I thought you had nice laid down rules, all ready printed, to show what to do, and all about it.”

“Yes,” replied Mrs. Few, “I know the Vegetarian Society print a neat little paper of instructions called ‘How to begin,’ which is given away to everybody who asks for it. I'll take care to send you one; I suppose they circulate tens of thousands of them every year.”

“That will be sure to be useful, but I know you will help me a great deal more.”

"Gladly, I will, all I can. Well, after all, it's very simple. You just put off the flesh-meat, and you put on the fruit in plenty; good bread, oatmeal porridge every morning, puddings, omelettes, plain dishes innumerable. You set out your table nicely, set your stuff out nicely, wear a neat dress, a flower, and a smile, ring the bell for dinner, and the thing is done!"

"Yes, so you tell me, and you *can* do things like magic, certainly. But you don't mean to tell me it's all so easy as that! I hear Mr. Jones, an old friend of ours out in California now, tried it and failed, and the doctor made him drink beef tea and porter and all the rest of it—told him he was killing himself, and as all his friends told him the same thing, the poor man really believed it, and was glad to give it all up in the end."

"Yes, I've heard of a quantity of those people. I suppose he was a worn-out flesh-eater before he began, and so we must have the blame."

"Well, but you must point me out the difficulties, please—show me where the *pons asinorum* is, as Edward says—so that *we* don't have any failure, you know, for that would look foolish."

"You may easily prevent that. A little common sense and experience—theory and practice, sentiment and experiment—you know, dear, go together," added Mrs. Few.

"Yes, of course, and we shall ask you—indeed, I expect we shall become quite troublesome to you."

"O yes," said Mrs. Few, "especially as you know you'll give me one of my greatest pleasures to help someone else, and to be really useful."

"Well, then, I suppose you use a good many vegetables? How do you prepare them?"

"Vegetables, dear, well no, *we* use hardly any. Mr. Few says he would not care if he never saw a 'vegetable.' We leave those to the flesh-eaters chiefly, and to them they are a real godsend. The ordinary race of flesh-eaters would die off much faster but for these purifying things."

"Now you do puzzle me. I won't ask 'what do you live on then?' but"—

"Yes, dear," interrupted Mrs. Few, "use as many vegetables as you like, as long as ever you want them. Call at the greengrocer's every other day or so, it's just a nice morning walk, and you ought to go out daily, and one goes out all the better when one has an object in going."

"Just what I should like to do, only one doesn't go often, as one has no excuse for it. Nothing to go for, though Edward says I ought to find something to go for; but now I will."

"Well, it comes to this, briefly, that you stop calling at your butcher's, and leave off sending to the poulterer's and fishmonger's, and you make friends with your greengrocer and your fruiterer, your milkman and your corn and flour dealer. You call once a week on your grocer—quite plenty—or you advise him what to send in."

"What a change! and what self-denial it must seem at first!"

"No, dear, self-denial is hardly the word. Self-control it may be at first, to help you to do just what you know to be right and wholesome; for, as Professor Newman well says, the simple diet is really a gratification rather than a denial of self, though we must become used to it."

"Well, that's quite a new view of things."

"There's a custom of setting very attractive dishes—sometimes far too much so—before beginners which I hope you'll avoid. It's the cause, as I am sure, of not a few breakdowns and backslidings. To change to a diet which is all composed of things soft,

sweet, and savoury—especially in the matter of pastry, a thing worse for the digestion than flesh itself, if that can be—is a sure start on the road to failure.”

“Now, you rather discourage one. I knew there were risks and difficulties and”—

“Yes, dear, so there are; and, just like Bunyan’s ‘lions in the path,’ when you come to face them you find them very conveniently chained. But they are sure to scare you and vex you, and perhaps even make you turn back, so long as you are afraid of them.”

“Come, that’s more encouraging.”

“Yes, you must make it—this change of yours—a simple, joyful business. To make up one’s mind is the first and by far the greater part of the business—the other half is easy.”

“Well, I shall not mind a few difficulties, and I know I have much to learn. Edward was telling me of the excellent bread and of the nice stewed fruit he had found once at Whaley Bridge, when he went there with a friend, though he could not tell me how it was all done. But he said that Mrs. Jackson had a way of having fruit fresh all the year round, and done so simply—almost no sugar—nothing like our old preserving days, you know. It was such an easy plan, he said.”

“O yes, I can put all that for you in a nut-shell, for the recipe has been printed and given away by thousands. It is a really marvellous help to adopt such a plan in a household.”

“Yes, to be never without fruit—oh, how is it; I shall be so glad to try it. Plums are just coming in, you know. Edward was always fond of plums, though, to tell you the truth, he likes pears best.”

“Or do you mean pears?”

“I often think he does!”

“Well, if you really are serious, I shall advise you to send for some good wheaten flour. Perhaps some day Mr. Thorpe may like to buy a mill and grind for himself—and see to making your own good, sweet, wholesome bread at home. There’s nothing like good bread for a beginning. That’s your first essential—your groundwork, you know.”

“Yes, like that reminds me of the nice bread my grandmother used to make. Dear old creature, she’s living yet, and stronger, I sometimes think, than I am.”

“Yes, you must follow her in that; and in the next thing, buy the best and freshest oatmeal you can, and learn to make porridge as we used to do in Scotland, using as a change wheatmeal in place of or along with oatmeal, and that on the table every morning. That’s your second thing. Then you must see to your fruit—watch your fruiterer’s board—when a fruit is ripest it’s the cheapest and best. Then buy plenty—use ripe—use gently stewed—do down to keep, after Mrs. Jackson’s fashion.”

“Well, thanks, dear Mrs. Few, I think that’s enough for me for one lesson. I should like to be able to do all that first.”

“Very good,” replied Mrs. Few, “for the rest, I shall refer you to the ‘Vegetist’s Dietary,’ and the other cookery books, and trust you—but here comes the tea.”

“O thank you, just what I had been longing for. What a nice cup of tea you do always make, Mrs. Few.”

“Yes, we use very little tea indeed; and, as Mr. Few says, ‘so long as we use a bad thing we ought to have it good, as it gives me more pleasure and does us less harm.’ So we never allow our tea to stand more than seven minutes.”

“O but here comes Edward to take me home! Why, how the time has passed! Now, won’t you join us?”

DORA.

Correspondence.*

MEAL BISCUITS.—I am exceedingly glad to see the subject of meal biscuits brought so prominently forward. In my opinion this is the best bread that is made, and if I can only procure them at a reasonable price I can do without baker's bread almost. I should like to see a good plain meal biscuit in every baker's shop. In my opinion it is quite a mistake to sweeten biscuits; I believe them to be far more wholesome quite plain.—W. R. REEVES.

THE FISH QUESTION.—Referring to the anomalous position of "associates," there are three of us in my home—myself and wife, and an orphan niece we have adopted. We are nearly Vegetarians. We have a little fish sometimes, and in going to see our friends, or our friends coming to see us, we generally have a little meat. This giving satisfaction to our friends is the greatest hindrance to entire abstinence from flesh and fowl. We enjoy our plain and simple diet, and never desire meat.—J. H. B.

TRY AGAIN.—I was a Vegetarian from 1849 to 1855; four years and a half in Cornwall where it succeeded admirably, and eighteen months in London where I found it very difficult. I am again induced to adopt it after many months' consideration, but under very different circumstances, for were I now a London bachelor nothing would be easier. My father, John Gill, of Penryn, was the only one who encouraged me when I was Vegetarian 34 years ago. He adopted it in 1876, and lately told me he wished he had commenced 40 years before. He is too modest to boast of what he does under the system, but he astonishes his flesh-eating friends who have long since left off assuring him Vegetarianism will never answer.—RICHARD GILL.

MISSION HOME, SALTCOATS, Ayrshire.—This home, under Mr. Bryden, is doing more, I believe, than many Vegetarian societies for the spread of practical Vegetarianism. The patients who come here are treated dietetically. There are between 70 and 80 here at present, and I noticed yesterday at the men's table that out of 27 men who are suffering from various diseases, 11 were (by Mr. Bryden's advice) on "light diet," as it is called, and which consists of—For breakfast, wheatmeal porridge and butter-milk, wheaten scones, and biscuits and butter or syrup, with hot water. For dinner, some simple farinaceous food, such as rice, cornflour, &c., and also some stewed fruit, as raisins, figs, rhubarb, &c.; also wheaten scones, and biscuits and butter, and hot water. For tea, same as breakfast, but no porridge. They, of course, get neither tea nor coffee, and no stimulants are used in the home.—A. J. N.

FROM A SALVATION ARMY CAPTAIN.—Please enrol me as a member, not associate, as I go the whole way in practice, and do not take milk, butter, cheese, or eggs. Fruit and bread has been my principal diet for a long time. I commenced the "better form of diet" on April 1st, 1882, and have therefore tried it for 18 months strictly. The results have been eminently satisfactory. That troublesome complaint, the rheumatism, has entirely left me. It was to escape the visits of this painful disease that I adopted the advice of a friend, and abandoned the flesh diet. Now I have no desire for animal food, and the smell of it is nauseous to me. I believe that the Vegetarian system should be supported by all Christians, and have tried to inculcate its principles in the army of the Lord as far as lay in my power. My health and happiness have been much increased since adopting a simple form of diet. I trust that God's blessing may rest upon your work in connection with this much-needed reform.—I am, in the bonds of Christ, W. A. D.

* The Vegetarian Society does not hold itself responsible for opinions of individual correspondents.

APPLES AND POTATOES.—Apples, the king of fruits, and potatoes, the king of vegetables, are remarkably good and plentiful this year, and should be utilised extensively. These, with brown bread and milk, make a delicious and all-sufficient diet.—SAMUEL SAUNDERS.

I DO NOT HESITATE on every opportunity to nail my colours to the mast. You cannot think what excellent health we have in our little family of Vegetarians, and with such a simple dietary that some of our friends wonder how we exist. I am 70 next birthday, and as well as I was at 40.—G. S., Romsey.

TESTIMONY.—I have the greatest sympathy with the objects of our Society, and although I am not enthusiastic enough to believe that the adoption of a purely vegetable diet is the panacea for *all* social evils, yet I feel certain that in the great majority of cases it would prove to be of incalculable benefit. At no time in my life a great flesh eater, submitting more to the tyranny of custom than for any other reason, it is now nearly three years ago since I was forced to abstain, in consequence of an internal monition which I could not resist, and I cannot imagine the circumstances which would make me recant, for the captive having once obtained liberty, is very shy of the prison house. To me the greatest result is in the emancipation from the bondage of desire, to feel that your dependence upon others becomes less day by day, and to know that the satisfaction of your appetite has not been preceded by the death agony of any living creature. But independent of these moral considerations, the more material benefit which I have derived is evidenced in an increase of physical power and an ability to carry on my work with greater ease.—E. W. W., London, S.E.

HOLIDAYS AT ST. LEONARDS.—Having recently returned from a most enjoyable holiday at the most charming seaside resort on the South Coast—St. Leonards-on-Sea—I feel bound, in simple gratitude, to bear testimony to the excellence of the accommodation there provided for Vegetarians by Mrs. Godbold. It is indeed unequalled, and certainly can be surpassed nowhere. “Cerealia” is in truth a *home* for Vegetarians. Mrs. Godbold professes to give all her visitors “home comforts,” and with her this is no figure of speech, but a substantial and happy reality. One feels the better for the genial influence of such a home before one has been a single night under her roof. She is doing a great work by providing such accommodation, and giving so hearty a welcome to the Vegetarian traveller, who will find no other place in England where he will meet with such excellent accommodation, such appetising cookery, such real and substantial comfort and enjoyment. Any friend who will make up his mind to spend a holiday with Mrs. Godbold will acknowledge that he has never spent so happy a week or fortnight, or month or year, as the case may be, in all his life. The house is attractively situated, on high ground within about three minutes of the railway station and the sea (of which there is a good view), and is within easy reach of the beautiful country which surrounds St. Leonards, and close to the public gardens. As a pleasant residence for the winter it could hardly be matched anywhere. I cannot but think that the very best advertisement for Vegetarianism is to rear a family of strong healthy children upon our diet. This Mrs. Godbold has done, and her children are certainly models of strength and beauty, health and vigour, such as it is a delight to see. I feel sure that any half-hearted Vegetarian or enquiring flesh-eater would return from a stay at “Cerealia” wholly convinced of the truth and beauty of our principles, and the enjoyment and delight of putting them into practice. This is the only excuse I can offer for so long a letter.—G. HARRIS (Kennington, S.E.)

THE TRACT you sent me a short time since, "Saline Starvation, and how to avoid it," has led us to buy a "steamer," with which we cook many of our vegetables, and like them much better. They seem, cooked in this way, to retain more of their nature. We are very thankful for the many valuable lessons we have learned in dietetic reform, since I became an associate of the Vegetarian Society, and we read its journal with much interest. We talk about the Society among our friends and relatives, and spread the truths we believe it teaches in every way we can.

HISTORY A PRIORI.—Vegetarian children know, from history and analogy and personal experiment, that a flesh diet is not necessary to keep the body of man or beast in health and strength. They will wonder at Mr. Grote's *naïveté*, who, without a tittle of evidence, fathers on Pythagoras a system of quasi-papal dispensations, in order to account for the athletic feats of the Greek Samson. I quote from the *History of Greece*, pt. II. ch. 37 (III. 340, ed. 1862):—"He (Pythagoras) is also said to have inculcated abstinence from animal food. . . . It is certain that there were peculiar observances, and probably a certain measure of self-denial embodied in the Pythagorean life; yet, on the other hand, it seems equally certain that the members of the order cannot have been all subjected to the same diet, or training, or studies; for Milo, the Krotoniate, was among them, the strongest man and the unparalleled wrestler of his age, who cannot possibly have dispensed with animal food and ample diet (even setting aside the tales about his voracious appetite), and is not likely to have bent his attention on speculative study. Probably Pythagoras did not enforce the same bodily or mental discipline upon all, or at least knew when to grant dispensations." It must be remembered that when this passage was written the cramming system of the late Dr. Todd was generally followed by the medical faculty.—J. E. B. M.

A TRIAL WEEK.—An evil habit into which flesh-eaters and Vegetarians, both alike, fall, is over eating, induced in great measure by having course upon course at almost every meal, especially at dinner, thus tempting to eat an undue amount of food, to the serious derangement of the whole system, brain included. Why not be satisfied with one course at each meal? I have tried, and still follow this plan, and find myself immeasurably the better for it. We should remember that we eat to live, not in any sense for the mere sensual enjoyment of "living to eat." Even if to refrain is at first a matter of self-denial, surely this also is good. May I, without laying myself open to a charge of egotism, be permitted to give a specimen of my week's dietary. I may mention, *en passant*, that I find six hours' sleep quite sufficient for perfect health. I am 50 next birthday, and am as active and young-feeling as I was ten years ago. Out of the house at 5 a.m. with my three "dandies" for a thorough good walk over the hills, home at 7 for an hour's gardening, then with good appetite to my breakfast of porridge and milk, brown bread and butter. Dinner at 7; the following in rotation (or similar): (1) boiled potatoes, in skins, boiled parsnips, tomatoes; (2) haricot beans, cabbage, mashed potatoes, butter; (3) macaroni, tomatoes, and potatoes; (4) stewed mushrooms, parsnips, potatoes; (5) stewed cucumber, fried potatoes (in oil), tomatoes; (6) macaroni, Parmesan cheese à l'Italienne; (7) boiled rice and fruit; whole-meal bread or ship biscuits at each meal. Mid-day, cup of coffee, ship biscuits or whole-meal bread and butter. Three meals a day is enough for any man when the system is brought into good working order—*vide* Dr. Richardson and others.—JONES COPPOCK, Captain.

"It cannot be a matter of indifference what a man eats and drinks. He is, in fact, choosing his animal and moral character when he selects his food."—*Lancet*.

Home.

HENLEY-ON-THAMES.—At the Debating Society, on 8th November, the question for discussion will be “What would be the probable effects on the human race of the general adoption of the principles of Vegetarianism?” Mr. William N. Craig to open in favour of Vegetarianism.

HIRWAIN, SOUTH WALES.—On 28th August, at the Welsh Wesleyan Chapel, a lecture on Vegetarianism was delivered by Mr. P. Foxcroft. The meeting was ably presided over by Mr. D. E. Williams, J.P. The lecture was a practical one throughout. There was a full audience, and great attention was paid to the lecturer's remarks. Questions were put at the close, which were answered promptly and satisfactorily. Votes of thanks were accorded to the lecturer and chairman.—*Merthyr Express*.

BRIGHOUSE.—We are glad to learn of the successful effort made on 11th October, to establish a local society, as an auxiliary of the Vegetarian, under the title of the “Food Reform League.” Twenty names were enrolled. The minimum subscription was fixed at 1s. per annum, though probably most will subscribe more as they learn to appreciate the benefits of a purer diet. W. R. Brook was elected treasurer, J. J. Lane, Briggate, as secretary. It is decided to meet on the last Thursday in every month, with an occasional social repast.

HULL.—The Hull and District Vegetarian Association intends to hold monthly meetings, commencing Thursday, November 8th, at the Temperance Club, 8, Albion Street, on the second Thursday in each month. It is desired to have a speech or essay on some subject bearing on health or diet, on each evening. The secretary is making arrangements for the first six months' programme, and will be glad if any friends likely to be in Hull on any of the dates below, and willing to help by giving a paper or speech, will kindly communicate with him. Address, C. F. Corlass, 3, College Street, Hull. Dates: 1883, Dec. 13. 1884, Jan. 10, Feb. 14, March 14, April 11.

GLASGOW.—The fifth annual Vegetarian banquet of the Scottish Food Reform Society took place in the Vegetarian Hall, 40, Argyle Street, on 3rd October. Mr. D. Gregorson, president of the society, presided, and supporting him on the platform were Mrs. Anna Kingsford, M.D.; Mr. Edward Maitland, B.A.; Dr. Hunter, Bridge of Allan; Mrs. John Smith; Mr. Robert Mackay, secretary of the Permissive Bill Association, and others. The Vegetarian dishes were served in an attractive style by Mr. Waddell, and seemed to be heartily enjoyed by the large company present. Mr. Gregorson claimed that the society was doing a good work in trying to improve the health of the people; and said it had not only been demonstrated that man could do without animal food, but that many of the best men, intellectually and otherwise, were those who followed the principles of Vegetarianism. Mrs. Anna Kingsford contended that, scientifically speaking, man was an animal. He was intended for a frugivorous animal, although custom had made him one of the flesh-eating family. In zoological gardens no flesh was given to apes, animals that were closely allied to man in structure of body, and when it was found that the highest animal in the order of nature was frugivorous, it must set them thinking whether they had not gone wrong in some way when they had degenerated into partaking of flesh-meat, which was the food of animals so much below them in the order of nature. Mr. Edward Maitland also addressed the meeting. A selection of music was given.—*Glasgow News*.

HULL.—The annual meeting and tea took place at the Foresters' Hall, on 8th Oct., Mr. Thelwell in the chair. The secretary having read the report, Mr. Joseph Thackeray moved its adoption, and thought we should rather be encouraged by the fact that numbers were partially adopting Vegetarian principles, though not openly confessing them. The motion was carried. Officers for the ensuing year were then elected; Mr. W. Richardson, of South Cave, being chosen president. Messrs. Thackeray, Ellis, Tolton, Bell, and others addressed the meeting. A vote of thanks to the officers for last year was passed, and the secretary announced the next meeting at the Temperance Club, on the 8th November.—*Eastern Morning News*.

GREENWICH.—The *Essex Times* contains a short report of the Vegetarian dinner given at the Wesleyan School, Trafalgar Road, East Greenwich, to some poor people, as a practical demonstration in favour of our tenets, by Mr. W. Howarth. Mr. T. W. Platten, of Cranbrook Park, Ilford, referred to his conversion to Vegetarianism in 1879. Prior to that time he had been suffering from various ailments, and had visited many medical men, but had received little or no benefit. After careful reading, he gave up the habit of eating flesh, and since that time has enjoyed better health. He urged his hearers to give up flesh-eating, as did Mr. W. S. Manning, of Bexley, and Mr. Sims. [Lengthy reports of this meeting have reached us.—Ed.]

BIRKENHEAD.—On the 19th Oct., Mr. H. J. Whiteside, read his "Plea for Vegetarianism," before the Literary Society and friends of St. Paul's Presbyterian Church, Higher Tranmere. The attendance was large, and on the whole, appreciative. The lecture was illustrated by diagrams, and, still better, by samples of vegetable food, palatably cooked; potato soup, savoury haricots, dal bât (an Indian dish), and bread crumb rissoles, were served hot at the close. These provisions served with brown bread, made from fine wheaten meal, disappeared rapidly, and apparently counted among the most persuasive of arguments. There was a lively debate and all agreed that they had spent a very enjoyable evening. A grant of literature from the Vegetarian Society was distributed.

MANCHESTER.—A paper on "Statistics of Temperance" was read by Mr. W. E. A. Axon, at the quarterly meeting of advocates of the Manchester and Salford Temperance Union, on the 8th October. Mr. T. C. Rayner, barrister, presided. Mr. Axon reviewed the statistics of Mr. Hoyle, Dr. Kirk, and other authorities, showing the enormous expenditure of the national wealth in intoxicating drinks, which Mr. Hoyle had estimated as exceeding 4,700 millions between 1830 and 1879, besides the indirect loss in the injury to life and health, and the fearful increase of crime and poverty which had resulted. Mr. Axon gave interesting statistics of the number of abstainers in the various religious denominations and in the army and navy, and suggested the importance of obtaining reliable returns of the numerical strength of all the various temperance organisations. Public-houses were originally intended as victualling houses and places of rest, but had degenerated into mere drinking saloons, which the enforcement of the law as it now exists would be sufficient to put down. A discussion followed the reading of the paper, after which a resolution was adopted to take steps to obtain the statistical returns suggested by Mr. Axon, and the meeting closed with the usual votes of thanks.

ROMSEY.—Lord and Lady Mount-Temple were fortunate in a fine day on the 5th Sept., when the 296 children from the Bands of Mercy of the Romsey and other schools (twelve in all) assembled by invitation, and marched in procession to the front of the house singing their Mercy Hymn. Some excellent speeches were made by Lord Mount-Temple, the Rev. Albert Low, the Rev. J. F. Moor, the Rev. H. W. Brock, of Otter-

borne, and the Vicar of Romsey. The proceedings were enlivened by the singing of songs by the children, from the *Band of Mercy Magazine*, namely, "Life in the Nest," "The Blackbird," "Tom Tit," and "Mountain Goatherd," after which Lady Mount-Temple distributed medals to many of the children, and fastened the decoration to the breast of Mr. G. Summers (the veteran Vegetarian, total abstainer, and custodian of the Town Hall), and Mr. W. Peet, inspector to the Royal Society for the Prevention of Cruelty to Animals. The masters and mistresses partook of tea in the library, while the children were regaled in "the orangery." The festivities concluded with the distribution of handsome volumes to the masters and mistresses of the various schools present, by Lady Mount-Temple, who thanked all personally for the aid they had rendered to the cause of humanity by their instructions in natural history. The prizes were thirty-six in number, being a first, second, and third prize to each band.—*Hampshire Chronicle*.

CHARLESTON, MANCHESTER.—An address on "Food, Thrift, and Temperance," was delivered by Mr. R. N. Sheldrick, on the 25th October, in the Half-timers' School-room, Chapel-street, before a largely-attended meeting of the Gospel Temperance Society, Mr. O. B. Dickens in the chair. The lecture dealt first with the scientific evidence in support of the argument against flesh eating, and then with the questions of health and thrift. The pointed references of the lecturer on the temperance aspect of the food question were much applauded. He contended that pure diet was the only cure for the drink crave. On the proposal of the chairman, Mr. Sheldrick was invited to continue the subject at the next meeting on November 3rd. The proceedings were varied by some excellent singing.

General.

We are glad we have found one visitor sensitive and humane enough to turn away from the pig-sticking exhibitions at the stock yards. *Lord Coleridge looked and left.* Hogs must be killed (?) but the spectacle of their slaughter ought not to be an inspiring sight to anybody but the butcher who murders at so much a head.—*Chicago Daily News*.

Healthy Life and Hydropathic News appears as a new penny monthly paper devoted to the expounding of "the principles and practice of hydropathy" by recognised authorities, and as a health guide to hydropathic patients and others. The first issue contains much practical information, with a "Brief history of Hydropathy," and the commencement of a "Popular Hydropathic Cyclopædia," describing the nature, causes, and treatment of the principal diseases and ailments; besides various miscellaneous selections more or less interesting and useful. The paper bears the name of Mr. Samuel Kenworthy, and is published by John Heywood, Manchester and London.

"Dr. Nichols' Penny Vegetarian Cookery" is a collection of useful recipes selected as suitable for practical use in the preparation of soups, vegetables, pies, puddings, and bread-making. It contains short articles on bread and porridge, milk, eggs, pulse, vegetables, and fruit, hints upon eating and upon stimulants. The book is embellished by diagrams, and portraits are given of Dr. Nichols, Sylvester Graham, Professor Newman, Mr. Isaac Pitman, the late W. Gibson Ward, and Mr. John Davie. Publishers: Nichols and Co., 23, Oxford Street, London, W. [We are pleased to hear that a second edition of this popular book is already called for, and that 100,000 copies are to be printed off. Orders may be sent to our offices.]

An alarming outbreak of trichinosis has been reported from Saxony, where nearly 400 persons, including entire families, have been prostrated by the disease. Numerous deaths have occurred. Pork appears to have done the mischief.

About 1,300 bunches of grapes were cut from the great vine at Hampton Court this year. The vine was planted in 1768, from a slip off a vine at Valentines, in the parish of Ilford, Essex, and has been known to produce as many as 2,200 bunches in one year.

According to recent advices from Dresden, the outbreak of trichinosis in various villages of Saxony shows no abatement. Not less than 400 persons are infected, and the mortality is said to reach as high as twenty per cent. Whole families are prostrate with the disease, and the popular excitement has found vent in an outcry for the immediate prohibition of the importation of pigs, alive or dead. At the village of Emerslaben, 226 persons have been attacked, eighteen of whom have succumbed. Several fatal cases are reported from Aken.

A letter in the *Blandford Express*, signed "J. Paine Stone, Medical Officer of Health, Paignton," prescribes various precautions against cholera, and detailing the measures used under his own directions during a cholera epidemic, "and lastly," says Dr. J. Paine Stone, "by my recommendation, animal food was distributed with the view of enabling the unattacked to resist this disease." Mr. J. Marshall, in reply, wrote in favour of pure diet and better sanitation, and ventured the opinion that "the nearer we live according to the diet and regimen advocated by the Dietetic and Food Reform Societies that are cropping up and making converts in all directions, the better we shall be able to ward off disease, or battle with it when attacked."

THE DEAN OF BANGOR ON TEA-DRINKING.—The Dean, speaking at a meeting held to further the establishment of courses of instruction in practical cookery in the elementary schools, said that if he had his own way there would be much less tea-drinking among people of all classes. Oatmeal and milk produced strong, hearty, good-tempered men and women; whereas excessive tea-drinking created a generation of nervous, discontented people, who were for ever complaining of the existing order of the universe, scolding their neighbours, and sighing after the impossible. Good cooking would, he firmly believed, enable them to take far higher and more correct views of existence. He suspected that over much tea-drinking, by destroying the calmness of the nerves, was acting as a dangerous revolutionary force among us. The tea kettle went before the gin bottle. The physical and nervous weakness that had its origin in the bad cookery of an ignorant wife ended in ruin, intemperance, and disease.

ARE MUSHROOMS POISONOUS?—Professor Ponfick, of Breslau, has been making experiments from which he concludes that "all common mushrooms are poisonous, but that cooking deprives them in a greater or less degree of their poisonous qualities. The repeated washing with cold water which they usually undergo to clean them takes away a portion of the poison, and boiling does the rest; but the water in which they have been boiled is highly poisonous, and should always be carefully disposed of. While the mushrooms thus boiled could be taken without hurt by a dog to the amount of ten per cent of the weight of the dog's body, two per cent of his weight of raw mushrooms was found a fatal dose. Washing with cold water does not remove all the poison, so that mushrooms thus prepared were poisonous when taken in large quantities. Dried mushrooms are still dangerous for from 12 to 20 days, and also the water in which they have been boiled. They require to be dried for at least a whole month, and are really safe only after four months' drying.

We are glad to learn that Mr. J. Malcolm, F.R.C.S., &c., has been appointed Medical Superintendent of the Windermere Hydropathic Establishment, a work for which Dr. Malcolm's considerable previous experience renders him highly qualified.

A correspondent of the *Literary World* reports that there is at last some prospect of funds being obtained for the erection of a suitable building for Mr. Ruskin's art treasures at Sheffield. Hitherto the movement has met with ill success, but it is now stated that the ladies of Sheffield intend to raise a substantial sum to form at least a nucleus of a fund for the provision of a suitable building. The idea originated with Mrs. Emily Swan, the wife of the curator, and she has appealed to the ladies of the town with considerable success.

Visitors to Manchester would take the opportunity of seeing the annual autumn exhibition of paintings, drawings, and sketches on view at Whaite's Fine Art Gallery, Bridge Street. We are pleased to see in the exhibition no less than four paintings by Mr. Hume-Nisbet, of Edinburgh; No. 401, "The Princess Nitocrites and the Slave;" 138, "Newhaven Pier;" 102, "Edinburgh;" and 143, "The Highland Glen." The last is the picture presented to the Vegetarian Society. The spot chosen is better known of "The Rhymer's Glen," and was a favourite haunt of Sir Walter Scott. The picture is priced at eleven guineas. We hope a purchaser may be found before the exhibition closes.

THE COCOANUT AS FOOD.—The *Fiji Times* calls attention to the immense utility of the cocoanut as food, and the valuable qualities which it has for sustaining nutrition. An instance is given in the case of a vessel that once left San Francisco with 400 passengers for Sydney, and which, in consequence of running short of stores, had to put in at Samsa, where a large quantity of cocoanuts was obtained. During the passage very heavy weather was encountered, the vessel became waterlogged, and only reached Sydney after a perilous journey of eighty days, during which time all the provisions ran short, and men, women, and children were fed only upon cocoanuts, being at last reduced to one per diem each. Notwithstanding this, not a life was lost, and not a single case of sickness occurred, all the passengers looking healthy and well-nourished. In another instance, two men drifted in a whale boat on to Quairs Island, where they remained for seven years before they were taken off. They had no food beyond a chance flying fish and cocoanuts, yet when rescued were in excellent condition and had gained in weight.

There are so many avenues to the great food question that we are not surprised at occasionally finding a new one opened up. Something of the kind is suggested by a letter which appears in the *Morning Post* of 29th September, from the truly Venerable Archdeacon Denison, who writes, on the other side, on the total abstinence question, and, with his usual daring, rapping heavily at total abstainers, because in their ranks are found, he says, some huge and enormous eaters. "I believe," he goes on to say, "that there is quite as much excess in eating as in drinking, and I think it the nastier excess of the two." Then comes the declaration, "If I were younger, I would try what I could do to get up an Eating Temperance Association." We are very much obliged, and shall venture to call the Archdeacon's attention to the fact that this society, which is truly an "Eating Temperance Association," has been established and at work in that direction for now thirty-six years. Many of us dislike pledges with the Archdeacon, and we can all endorse his closing words, that, if we are to have them, let us be fair and make our move against over-eating quite as much as against over-drinking.

Gleanings.

IN GERMANY a delightful surprise awaited us. Vegetarianism, which carries with it thorough hygienic reform, is making rapid progress. Eleven years ago I heard of but two or three Vegetarians in Hanover. Now there is a society numbering over sixty members, and holding weekly meetings, while others, not members, are living in the same manner. With flesh-foods are discarded—wholly or to a great extent—all artificial stimulants, including tea and coffee, beer, wine, and tobacco. The cause is extending in nearly all the principal cities in Germany, and the address-book published by the united societies is every year larger. A Vegetarian on a journey refers to his list, and feels at liberty to call upon his brethren everywhere. In Hanover and at Frankfort-on-the-Maine I found in this manner excellent Vegetarian tables, and was housed and entertained with great hospitality. In Strasburg the only Vegetarian I heard of was the librarian of the University. In Paris there are also Vegetarians.—E. P. BACON, in the *Herald of Health* (Dr. Holbrook's).

VEGETARIAN RENNET.—Earnest Vegetarians who do not repudiate cheese have been troubled by the necessity of using the stomachs of slaughtered calves as a source of the rennet in making the curd, and many attempts to supersede the animal coagulant by using vegetable and mineral acids, alum, &c., have failed. They will be glad to learn, on the authority of Sir Wm. Hooker, that a shrub common in Northern India supplies a vegetable rennet. Its name is *Puneeria cogulans*. A decoction of 30 parts of its powdered capsules in 1,150 parts of water is a coagulating liquid of such strength that a teaspoonful is sufficient for curdling a gallon of milk, or, otherwise stated, the quantity required is one teaspoonful of the powder to 38 gallons of milk.

“Man's so-called ‘staff of life’ is to a great extent the cause of his premature death. The nutrient part of wheat is chiefly gluten. Bran is rich in gluten, and should, therefore, not be removed. Phosphoric acid and the alkalis have both of them remarkable properties, and play an important part in the growth and nutrition of plants and animals. We should, therefore, after we arrive at maturity, avoid as much as possible earthy salts in our food. From these facts it is clear that in growing cereals and vegetables directly for the consumption of man, lime or any of its compounds should not be used as a manure. Alkalies do not accumulate in the system; there is, therefore, no objection to their use.”—*Can we Prolong Life?* By Charles de Lacy Evans.

PEERS AND PIGEONS.—It is one of the glories of the British Constitution that a few peers are able to veto legislation which is demanded by the people and passed by their representatives. At one time the Agricultural Holdings Bill is mutilated and spoiled; at another a bill for putting down gross cruelty is thrown out. The reasons alleged by the sporting lords are weak to absurdity. They say this bill is an attack upon sport. And is it not written in the records of nobility that sport is sacred? Let agriculture die, let arts and science, even religion, pass away, but preserve the privilege of killing and maiming half-tame animals! But, suppose this bill does mean the abolition of “sport”—death to pheasant and grouse-shooting, fox-hunting, and the like—who will regret it but a few wealthy idlers? Sport, as now known in England, is merely cruel butchery. The sooner all these forms of slaughter go as cock-fighting and bull-baiting have gone, the better. If Englishmen wish to hunt, let them go where wild animals abound. And then there is the two-blacks-make-a-white argument. It is no more cruel to shoot pigeons than to shoot pheasants and grouse, say these titled defenders of cruelty. A capital reason for putting down both, but no reason at all for refusing to put down either.—*The Foreman Engineer*.

Recipes.

POTATO CAKES.—In making these the potatoes should be mashed with a fork. This makes them lighter.—B. R. R.

HARICOT SOUP.—3lb. haricots, 1lb. green peas, 2lb. carrots sliced, 2lb. potatoes sliced, 1lb. onions sliced, to which green vegetables may be added; boil for four hours, then strain through a fine sieve, seasoning with celery, salt, and pepper.—R. R.

RICE LOAF.— $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of ground rice, $\frac{1}{2}$ lb. of sugar, $\frac{1}{4}$ lb. of butter, 2oz. of candied peel, 2 eggs, and one gill of milk, 4 teaspoonfuls of baking powder. Mix well into the dry flour, the butter and baking powder; beat the eggs and add to the milk. Mix all together and bake at once in a nice hot oven (not too hot).—X.

SOUP MAIGRE.—Peel and slice six large onions, six potatoes, six carrots, and four turnips. Fry these in half a pound of butter till brown, and add four quarts of boiling water. Toast a crust of bread as hard and brown as possible, but do not burn it. Put this, with some sweet herbs, celery, white pepper, salt, and sugar to the above, and stew all together gently for four hours.—J. MALCOLM.

POTATOES LYONNAISE.—Put a lump of butter in a saucepan and let it melt; then add one small onion, chopped fine or sliced very thin; when it has been browned nicely, but not scorched, put in slices of cold boiled potatoes; salt and pepper well; let the potatoes cook until they are also well browned; serve while hot. A little parsley, chopped fine, if the flavour be liked.—*The Caterer*.

FRENCH VEGETABLE SOUP.—Take two carrots, two turnips, two onions, two heads of celery, two potatoes, half a pint of split peas, and two pints of water; add two or three cloves and a few white peppercorns. Boil all together till smooth, and pass through a sieve. Mix some butter or oil and flour with a pint of new milk, some pepper, salt, and sugar, and add these to the soup just before removing it from the fire.—J. MALCOLM.

LENTIL SOUP.—One pint of lentils, or lentil flour, six onions, two heads of celery, two carrots, two turnips, two quarts of water; stew the whole slowly. If the dried lentils are used, pass the liquor through a sieve, and pound up the lentils in a mortar, passing them through a sieve into the soup. Add some salt, pepper, and sugar. Some sweet oil or butter, rubbed into some flour, to be added to the soup just before removing it from the fire. Pea soup may be made in the same manner, or haricot beans, half a pint, and lentils, half a pint, may be used.—J. MALCOLM.

SAVOURY PIE.—Take a tablespoonful of chopped onion, two or three large mushrooms, and some chopped parsley. Put these in a stewpan with 2oz. of butter. Let them fry for a few minutes over the fire. Take $\frac{1}{4}$ lb. of macaroni, tapioca, barley, or Indian corn meal, or any other farinaceous substance, or any of them, mixed, add a pint of milk, and let them boil for a short time. Then add three eggs, salt, pepper, nutmeg, and grated Parmesan or other cheese. Place all these in a large pie-dish, cover with paste made with decorticated wheat-meal, oil or butter, and water, and bake.—J. MALCOLM.

UNFERMENTED BREAD.—Mix wheatmeal with pure water; knead enough to roll out about half an inch thick, and cut in cakes any size or shape, placing them on sheet-iron or tin pans, or on the bottom of a hot oven. Make this bread quickly, in small quantities, baking thoroughly and quickly, and it will be light and soft.—Another kind may be made every way the same, only knead in all the meal that can be worked into the dough. This may be baked quickly, and not too much, when it will be tender; or it may be kept in a moderate oven till it is cooked hard, and it will keep a long time.—MARY B. LUCAS, M.D.

What every man should wear—His beard!

LIVERPOOL.—Whole lentils may be had of Mr. Bentley, grocer, 51, Brownlow Hill.

BIRTH.—At Hamburg, on the 25th of August, the wife of J. C. Pool, of a daughter (Mary Ewart).

COLLECTING CARDS for the Vegetarian Society may be had on application to our Secretary, 75, Princess Street, Manchester.

"BOOTS, made from strong black cashmere, or fine canvas, blacked over, soles made from gutta percha, can be commended."—J. NUGENT.

RECEIVED.—September numbers of "*Les Signes des Temps*," published at Bale, Switzerland; "*The Messenger of Health*," Buffalo, New York.

"When a boy I used to be fond of Dantzic spruce, as a beverage. It is, I believe, the sap of the pine tree. Is it non-alcoholic?"—J. NUGENT.

SERVANTS WANTING PLACES in Vegetarian families are invited to communicate with our Secretary, Vegetarian Society, 75, Princess Street, Manchester.

"A. B." desires a situation as domestic servant in a Vegetarian family—anywhere, but near London preferred.—Apply, care of Secretary Vegetarian Society.

Visitors to the Sussex coast may obtain quarters with our old friends Mr. and Mrs. Godbold, 30, Carisbrook Road, St. Leonard's, and Mrs. Nowell, 1, Lennox Road, Worthing.

"T."—We shall be glad to give you, and any other correspondent, the address of an experienced medical man (a Vegetarian), whom you can consult personally, or by letter, upon your case.

"T. S." commends the use of the pure vegetable charcoal prepared by the Sanitary Carbon Company of Nottingham. "For Vegetarians," he says, "the carbon is a perfect desideratum."

"An Associate" had better try it. All depends on the active life and good digestion which should be the accompaniment of such a diet. Only experiment can tell how far it really suits your case.

BATH.—Will Vegetarians who may be passing through Bath be good enough to communicate previously with Mr. A. C. Foot (2, Terrace Walk), in the hope of being of use at monthly or other social meetings which are held in Bath?

ERRATUM.—In the recipe for "green peas soup," printed last month (page 267), for "half peck of peas and the shells of two large onions," read half a peck of peas, and the shells, two large onions," &c., as in "*Vegetarian Cookery*," page 66.

OMITTED NAME.—"Peasbrose" will find what he wants at Messrs. Horsenail & Catchpool's, or by corresponding with our Food Store proprietors—see list in this magazine. "*Outdoor Fruit*" is published by F. Pitman, and supplied also from our own office.

FRUIT BANQUETS.—Secretaries of Good Templar lodges or other societies are invited to send announcements and reports of Fruit Banquets to the Secretary of the Vegetarian Society, 75, Princess Street, Manchester, for publication in the Society's magazine.

BELFAST.—Fine whole wheaten meal, made specially for baking (same as used in samples shown at Bread Exhibition), manufactured by the Food Reform Company, Great Victoria Street, at 2d. per lb., 2s. 2d. for 14lb., or 15s. per 112lb. Ground in steel mills.

VEGETARIANS from home will find comfortable and respectable board and lodgings at Mrs. Foster's, Charles Street, Barnby Road, Newark. Terms from 15s. per week, including board and lodgings. Vegetarians and their wives will find it a grand resort for change of air.

NEXT YEAR'S WORK.—Mrs. Thos. Lloyd, of Norwich, suggests a deputation from this Society to the next Annual Conference of the British Temperance League, to be held in London in July, 1884. We hope this suggestion may be carried out, and that Mr. Lloyd may form one of the deputation.

MANCHESTER.—Social meeting of Sol-faists and their friends at Mr. Smallman's Rooms, Cateaton Street, on Saturday, 3rd November, at five o'clock. Ladies 1s., Gentlemen 1s. 6d. Music and addresses. Mr. J. Spencer Curwen will be present. Friends invited.—R. ARNOLD WALKER, 56, Peter Street.

How can we best dispose of Vegetable refuse—swathes, peel, &c.? When possible, garden-manure is the best destination. In towns the kitchen fire. But where all the cooking is done on a gas-stove, these cannot be. Can anyone make a suggestion? In the dustbin such things soon become unsanitary.—C. F. C.

THE BADGE.—Mr. John L. Young, manufacturing stationer, Chapel Bar, Nottingham, announces a shilling box of good cream laid note paper and envelopes, stamped with blue triangle (proposed Vegetarian badge). Send for sample box, post-free for fourteenpence. Estimates given for quantities in any size or quality.

MISSION WORK.—Our friends who give us most help are those who are always at work. We mention, for the encouragement of such kindly helpers, the following resolution, passed by our Executive Committee, now nearly eight years ago: "That in order to afford the utmost facility for making known the existence, aims, and operations of the Society, this Executive decides to place copies of the Society's List, Summary, or other publications at the disposal of every helper who will undertake their circulation."

ALMOST PERSUADED.—*Mr. B. says that the flesh of animals is not good for human food unless the animal is five years old when killed, while the average age of those in common use is two and a half to three years, being fattened unnaturally! He is not quite a Vegetarian, though he seldom tastes butcher's meat.*—A. Y. N.

MANCHESTER AND SALFORD (AUXILIARY) VEGETARIAN SOCIETY.—*First social meeting on Saturday evening, 17th November, at Mrs. Houston's Dining Rooms, Exchange Arcade, at five o'clock. Mr. W. E. A. Axon will preside. Tickets, 1s. each, at the Dining Rooms, or at the offices of the Vegetarian Society, 75, Princess Street.*

THE SECRETARY expresses his regret to correspondents whose communications have received insufficient attention during the past month. The calls upon his time have been numerous and severe, and both Mr. Sheldrick and himself, and the rest of the staff, have been more than fully occupied. He will be glad to be reminded of any omission.

BREAD SAMPLE.—We had omitted to mention a sample of wheatmeal bread made without salt, and with no raising material of any kind, by Mrs. S. I. Thomson, of Stirling House, Heaton Moor. The sample was not tough or hard, but was light and eatable and very palatable, indeed, to all intents and purposes, a perfect family bread.

"A NEW OVEN."—Will Mr. Jephson (see "D. R.," page 291) be kind enough to describe the construction of the oven that bakes his unfermented bread so nicely; stating also the temperature which he finds most suitable? Perhaps he will also state where to procure a similar oven, as it appears to be just the article which many Vegetarians have been seeking?—G. T.

A LARGE COLOURED DIAGRAM (70 inches by 40) has been prepared by Mr. A. Duncan, F.C.S., showing in a clear manner the composition and quantities of 16 different foods that can be purchased for a shilling. This he is willing to lend to Vegetarian lecturers and essayists (they paying carriage, &c.)—Address to the Secretary of the Vegetarian Society.

THE BADGE.—Mr. William Ward suggests two red stripes on the blue ribbon, with white central stripe, the three colours signifying—blue, abstinence from alcohol; white, from tobacco; and red, from flesh. This badge is really a ribbon of seven stripes—one white stripe in the centre, two red, each parted off from the centre by a blue stripe, and edged with another blue.

THE BADGE.—"Ought not some plan to be generally adopted whereby Vegetarians might recognise each other when they meet? Signs and passwords would not, in my opinion, be so convenient as a metal badge, supplied by the Society to its members, uniform in design, and of such a nature as to be readily adapted to the common articles of jewellery, so that it could also be worn regularly without being too conspicuous."—J. C. P.

CHRISTMAS RECIPES.—As there is generally much call for these about Christmas time, we hope our readers will not fail to circulate the little collection issued last year, first in "Almonds and Raisins," and afterwards printed in penny pamphlet form, under the title of "Twenty-five Recipes," in which numerous methods are given of dealing with mince-pies, plum-puddings, and other Christmas fare.

THE BADGE.—"A. T." offers to supply a sheet giving coloured drawings of proposed designs, for enclosure with the magazine. He suggests an oval or circle, with white line round edge and blue ground, with tiny dove and olive spray in centre, under a rainbow, as an emblem of universal peace; or the same design omitting the emblem and substituting a white band across the blue ground or with letter V in white in centre of blue ground. The badge to be applied to jewellery, buttons, &c., or woven in silk.

"A. T." suggests "that the Executive undertake to post specimen copy of 'D. R.,' or a few pamphlets, to any given address, on receiving a request from any friend or member, and adding the sender's compliments, or not, as requested. I find business duties do not admit of my settling down to write to all the friends I should like on this subject, and it would be a convenience to others, doubtless, to be able just to drop a line and know that the 'D. R.,' &c., had been sent off to a desirable quarter."—[Our secretary will gladly do this at any time.—EDS.]

CATENA: MISSING PAGES.—A number of correspondents have enquired for certain of the earlier pages of the Catena, which appeared in the magazine. It is not now possible to supply copies of the magazines containing them; but if every reader who lacks these early pages will write to the secretary, stating exactly the pages he requires, an effort will be made to have what are wanted printed off from the stereos. The cost must be special, and will probably be about 2d. per four pages. If the response be such as to justify the arrangement, the pages needed will be printed off and supplied to each, who can then complete his volume and bind.

COMING OFF.—Bishop Auckland, 22nd November, lecture on "Food Reform," by Mr. James Davis; Barnard Castle; Didcot, 12th November, lecture by Mr. T. Baker; Wilmslow, "Sun and Shield" Lodge, I. O. G. T., British Workman, lecture by Mr. R. N. Sheldrick, on "Food, Health, and Independence;" Congleton, 27th November, "Sure to Win" Lodge, lecture by Mr. Sheldrick; Charlestown, Manchester, November 1st, Blue Ribbon Mission, Chapel Street, lecture by Mr. Sheldrick, on "Food, Thrift, and Temperance"—O. B. Dickens, Esq., in the chair; Egremont Cumberland, 13th November, lecture by Mr. W. M. Wright, at "Beacon" lodge, I. O. G. T.

One Farthing each.—A Week's Dinners, by Sister L——; Fruit Fresh all the Year Round; Recipes (20) used at the Cambridge Fruit Banquet. **One Penny each.**—The Penny Cookery, with introduction and eighty recipes (8th edition); Recipes (25) for Christmas Time and for all the Year Round; How to Spend Sixpence, with sixty-nine recipes, by W. W. Wright (2nd edition). **Price Twopence.**—Food Reformer's Cookery, by Miss Tarrant (4th edition). **Price Sixpence each.**—The Vegetist's Dietary and Manual of Cookery, with valuable directions and numerous recipes; Fruits in Season, &c. (72 pages, 4th edition); The Hygeian Home Cook-Book, of Food Healthful and Palatable without Condiments, by W. Trall—appendix on Bread-Making, by Mrs. Mattie Jones (1st English edition). **One Shilling each.**—The Vegetist's Dietary, well bound in cloth; Healthful Cookery, a handbook of food and diet, or what, when, and how to eat. **Two Shillings each.**—Vegetable Cookery, by John Smith, of Malton, with nearly 500 recipes; Vegetarian Cookery, by a lady (the late Mrs. Brotherton), eighth edition, with valuable introduction by the late James Simpson, with 762 recipes (a superior edition may be had at 3s. 6d., in cloth gilt).

THE VEGETIST'S DIETARY

Gives recipes for Oat Cake, Oil Paste; Omelette or Savoury Batter—Bread Crumb, Indian, Sago, Tapioca; Onion—Boiled, Stewed, Stewed Brown, Sauce; Orange—Compote, Peel; Orangeade, Pancakes, Parsnips, Parsley Sauce; Peas—Green, Green Soup, Pudding, Soup; Paste for Pies and Puddings; Peel—Orange and Lemon, Candied; Pies—Fruit, Vegetable; Pie-Crust, Pippin Tarts; Plum—Jam, Pudding, Pudding Indian; Poached Eggs; Porridge—Indian Meal, Oatmeal; Powder—Baking, Herb, Mushroom; Pudding—Apple, Apple and Bread, Apple and Custard, Batter, Bean, with preliminary remarks on preparation of vegetables; General Directions on Preserves, &c., &c. Price 6d.

DINING ROOMS.*

BIRMINGHAM: The "Garden," 25, Paradise St.

BRISTOL: Mr. Parker, 11, Lower Maudlin St.

GLASGOW: M. Waddell's, 40, Argyle Street, 60, Union Street, and 35, Mitchell Street.

The "Caledonian" 6, Jamaica Street.

LEICESTER: 7, Halford Street.

LONDON:

The Alpha Restaurant, 23, Oxford St.

The "Garden" Restaurant, 24, Jewin St.

The "Arcadian," Queen Street, Cheap side.

The "Apple Tree," 34, London Wall, E.C.

LIVERPOOL:

The "Midlothian," 9, Great George Street.

1, Harrington Street, corner of Castle St.

MANCHESTER:

F. Smallman's Café Restaurant, 27, Old Millgate, and 3, Cateaton Street.

Vegetarian Saloon, Pall Mall, off Market St.

Y.M.C.A., 56, Peter Street (upstairs).

15, 16, 17, Exchange Arcade.

* Additions to these Lists, or corrections of them, will be welcomed.

OUR FOOD STORES.*

ANDOVER: Fred. R. Harvey, 7, London St.

BELFAST: Food Reform Co., Great Victoria St.

BIRMINGHAM: T. Furze, 36, Digbeth.

Hughes and Roberts, 25, Paradise Street.

BRADFORD: J. Whitham, 88, Godwin Street.

BURNLEY: T. Lomas, 10, Hargreaves Street.

CAMBRIDGE: The Arcade.

DERBY: Richard Binns, 19, Market Place.

DUNOON: J. T. Clark, St. Vincent Buildings.

GLASGOW: J. Callum, 58, Candleriggs.

Francis Spite & Co., 26, St. Enoch Sq., 233,

Rd. New City Rd.; and 222, Dumbarton

Andrew Scott & Co., 116, Main Street,

Anderston; and 41, Main Street, Gorbals.

HIGHBRIDGE, SOMERSET: W. R. Hadwin.

LEEDS: F. W. Smith, 31, Meadow Lane.

LIVERPOOL: T. Canning, 9, Great George St.;

71, Pembroke Place; 199, Park Road; 8,

Rice Lane, Walton Road.

M. Davies, 113, Kensington.

LONDON: George Sellick, 311, Caledonian Road, N.

Louis A. Jackson, Birkbeck Stores, Holloway Road, Leytonstone, E.

MANCHESTER: F. Smallman's, Exchange Arcade, and Cateaton Street.

WEST HARTLEPOOL: W. Dunn, Bellevue.

FOR VEGETARIANS ABROAD.

[List of friends (*not* lodging-houses) who are willing to accommodate Vegetarian travellers on reasonable terms. Arrangements to be made by post beforehand. 1s. per insertion in this list.]

LONDON.—Mrs. Mann, 14, Holford Square, King's Cross, W.C.

LONDON.—Mrs. Dales, 287, Crystal Palace Road, East Dulwich, S.E.

MATLOCK BANK.—Samuel Mills, Smedley Street.

NORWICH.—Mrs. Capon, The Limes, Tombland.

ST. LEONARD'S.—Mrs. Godbold, 30, Carisbrook Rd

SHEEFIELD.—Mrs. Rennie, Woodbank Cottage.

Rivelin Street, Higher Walkley.

WORTHING.—Mrs. Nowell, 1, Lennox Road.

*Who will give information to enquirers, and promote the work of the Society in their own localities. **

ABERGAVERNY : A. H. Austin, 1, Trinity Street.
 ATHERTON : E. Haslam, 18, Mealhouse Lane.
 ABERDARE : D. Thomas, 14, Brecon-rd., Hirwain.
 ABERDEEN : John Allan, Manse of Peterculter.
 BEXLEY HEATH : W. S. Manning, Camden Lodge.
 BRAGHOUSE : W. R. Brook, Town Hall Buildings.
 BRADFORD : Joseph Wilson, Springville, Great Horton.
 BARNARD CASTLE : James Davis, Galgate.
 BARNARD CASTLE : Mr. J. Davis, Galgate.
 BATH : Mr. A. C. Foot, 2, Terrace Walk.
 BIRMINGHAM : Mr. Herbert E. Carr, Clevedon Villa, Lloyd Street.
 BOURNEMOUTH : William Carter, Belgrano.
 BRIDGEWATER : A. Pennell, North Street.
 BRIGHTON : Rev. M. de Colleville, D.D., 24, Chatham Street.
 BURNHAM, ESSEX : R. T. Bull, P. O.
 BURNHAM, SOMERSET : G. Cholwich Wade, Esq.
 BLANDFORD : J. Marshall.
 BELFAST : J. S. Herron, 29, High Street.
 BOLTON : Wm. Ashworth, Harwood.
 BUXTON : W. P. Stott, 3, Bridge Street.
 CHESTER : Edmund J. Baillie, Eaton Road.
 CHESTERFIELD : E. H. Hammond, Valley Road Spital.
 CIRENCESTER : W. H. Moulder, 55, Dyer Street.
 CONGLETON.—Henry Myers, 94, West Road.
 DUBLIN : R. J. Graham, Charlemont Place.
 DEVONPORT : F. J. Saxby, 11, Cannon Street.
 DARLINGTON : W. W. Parkin, Bright Street.
 DOUGLAS : R. Smith.
 DINGWALL, N. B. : R. Mackenzie.
 DUMFRIES : Samuel Henderson, 24, Irish Street.
 DERBY : H. Sephson, 91, Melbourne Street.
 EASTBOURNE : S. Cuthbert, 44, Terminus Road.
 EXETER : J. Isaac Pengelly, 12, Oxford Terrace.
 EXMOUTH : J. H. Cheesman, 27, Raleigh Street.
 EXETER : Mr. Thomas Rice, Springfield Road, Pennsylvania.
 ELTHAM, KENT : Miss Emily Phillips, Hazelwood, North Park.
 GLOUCESTER : Geo. Newman, Howard Street.
 GUERNSEY : Francis Worley, St. John's Terrace.
 GREAT HORTON, BRADFORD : Mr. Joseph Wilson, Springville.
 HARROGATE : John Boocock, Franklin Mount, Walker Road, Harrogate.
 HULL : Mr. C. F. Corlass, 3, College Street, Beverley Road.
 HUDDERSFIELD : R. Balmforth, Rashville.
 ILFORD : T. W. Platten, Cranbrook Park.
 JERSEY : Jas. Driver, R.N., 2, Le Geyt Terrace, Springfield Road, St. Heliers.
 KETTERING : W. T. Furniss, 8, Wood Street.
 LOUTH : J. J. Cresswell, 13, Northgate.
 LEITH : W. Angus, 233, Leith Walk.
 LIVERPOOL : J. W. Whittaker, 166, Harrowby Street, Prince's Park.
 LEEDS : D. Neild, Brudenell Mount, Woodhouse Moor.
 MACCLESFIELD : C. Elmer, 91, Pierce Street.
 MAIDENHEAD : A. L. Cooper, 86, High Street.
 MATLOCK BANK : Samuel Mills.

MARYPORT : William Adair, 17, Curzon Street.
 NEWPORT, MON. : W. W. Grant, 55, William-st.
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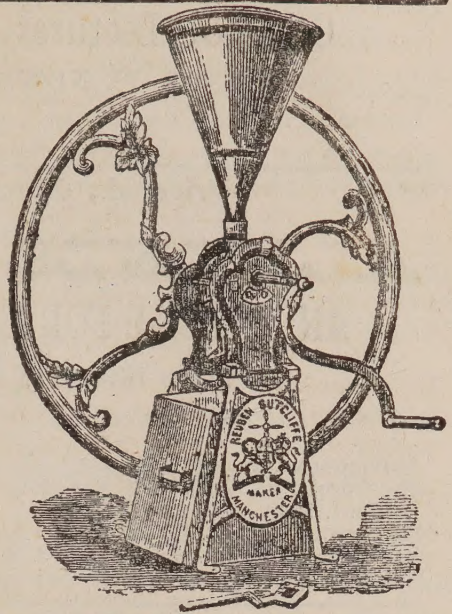
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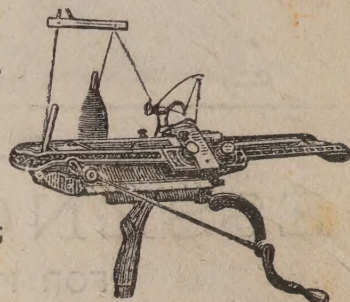
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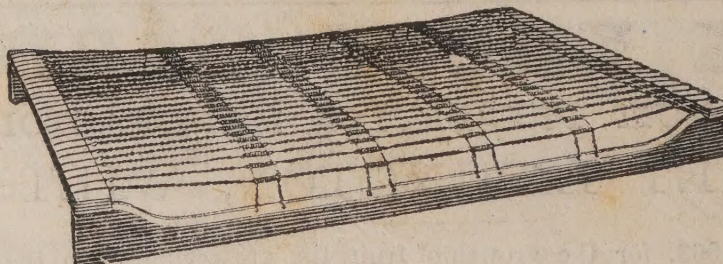
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